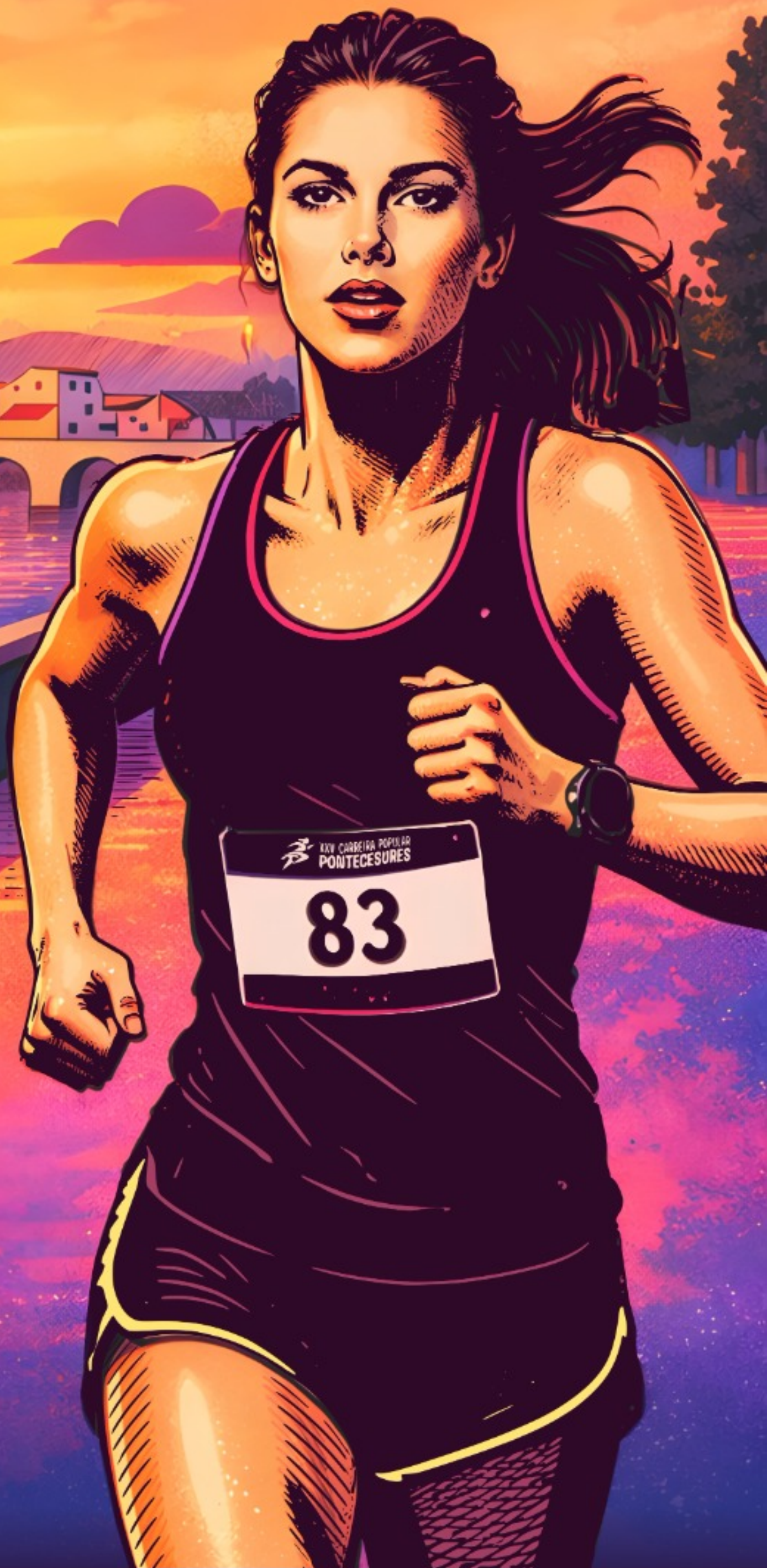




# XXV CARREIRA POPULAR PONTECESURES

**25**  
**XANEIRO 2026**

A partir das 11:00 con saída e  
chegada na Prazuela



CONCELLO DE  
PONTECESURES



## XXV CARREIRA POPULAR DE PONTECESURES 2026

ABSOLUTA 8K

Clasificación General

| Puesto | Dorsal | Nombre     | Apellidos   | Género | Categoría | T. Oficial | Ritmo    | Tiempo Neto | Ritmo Neto | T. KM 4  | Licencia    | Club                                  | Localidad |
|--------|--------|------------|-------------|--------|-----------|------------|----------|-------------|------------|----------|-------------|---------------------------------------|-----------|
| 1      | 69     | MANUEL     | LORENZO LC  | M-1    | SNM-1     | 00:25:26   | 00:03:11 | 00:25:25    | 00:03:11   | 00:12:47 | GA- 9011    | CLUB DEPOF MARÍN                      |           |
| 2      | 131    | YAGO       | LIJÓ ARES   | M-2    | SNM-2     | 00:25:43   | 00:03:13 | 00:25:42    | 00:03:13   | 00:12:47 |             | Triatlón Rianx RIANXO                 |           |
| 3      | 130    | DAMIAN     | GONZALEZ C  | M-3    | SNM-3     | 00:26:08   | 00:03:16 | 00:26:05    | 00:03:16   | 00:13:03 |             | Triatlón Rianx BOIRO                  |           |
| 4      | 4      | CRISTÓBAL  | DIOS RÍOS   | M-4    | SNM-4     | 00:26:17   | 00:03:18 | 00:26:15    | 00:03:17   | 00:13:01 |             |                                       |           |
| 5      | 39     | MAXI       | OUBIÑA FAL  | M-5    | MASAM-1   | 00:26:56   | 00:03:22 | 00:26:52    | 00:03:22   | 00:13:18 | AG3576      | Club Atletismc CAMBADOS               |           |
| 6      | 76     | MARCOS     | BARREIRO C  | M-6    | MASAM-2   | 00:27:00   | 00:03:23 | 00:26:56    | 00:03:22   | 00:13:28 | AG19982     | Club Triatlón (PALAS DE REI           |           |
| 7      | 32     | ELOI       | COUSO MAR   | M-7    | MASAM-3   | 00:27:02   | 00:03:23 | 00:26:58    | 00:03:23   | 00:13:26 |             | CELTA ATLE SANTIAGO DE COMPOSTELA     |           |
| 8      | 48     | ADRIÁN     | SESA R MIGU | M-8    | S18M-1    | 00:27:06   | 00:03:24 | 00:27:04    | 00:03:23   | 00:12:57 |             | Club Atletismc SANTIAGO DE COMPOSTELA |           |
| 9      | 6      | SAMUEL     | SABORIDO S  | M-9    | MASBM-1   | 00:27:08   | 00:03:24 | 00:27:05    | 00:03:24   | 00:13:19 | AG 766073   | Club atletismc DODRO                  |           |
| 10     | 128    | ALEJANDRO  | CREO SABOI  | M-10   | SNM-5     | 00:27:09   | 00:03:24 | 00:27:07    | 00:03:24   | 00:13:27 |             | Triatlón Rianx RIANXO                 |           |
| 11     | 29     | RICARDO    | BUGALLO C   | M-11   | SNM-6     | 00:27:17   | 00:03:25 | 00:27:15    | 00:03:25   | 00:13:29 |             | CDM Xesteira MORAÑA                   |           |
| 12     | 5      | JUAN CARLC | MOSQUERA    | M-12   | MASAM-4   | 00:27:21   | 00:03:26 | 00:27:20    | 00:03:25   | 00:13:31 | GA 3777627  | Club atletismc PONTECESURES           |           |
| 13     | 47     | IAGO       | MATEOS CAI  | M-13   | S18M-2    | 00:27:37   | 00:03:28 | 00:27:34    | 00:03:27   | 00:13:21 | AG15967     | Club Atletismc OROSO                  |           |
| 14     | 24     | MÍCHEL     | FERNÁNDEZ   | M-14   | MASAM-5   | 00:27:41   | 00:03:28 | 00:27:36    | 00:03:27   | 00:13:43 |             | BNZ RUN CL RIANXO                     |           |
| 15     | 78     | JAVIER     | CORRAL SEF  | M-15   | SNM-7     | 00:27:51   | 00:03:29 | 00:27:46    | 00:03:29   | 00:13:28 | 39492263.0  | Club Triatlón (VIGO                   |           |
| 16     | 176    | ALEX       | GÓMEZ LAJC  | M-16   | SNM-8     | 00:27:54   | 00:03:30 | 00:27:47    | 00:03:29   | 00:13:51 |             | CATOIRA                               |           |
| 17     | 60     | JESÚS FERN | SAINZ TRES  | M-17   | SNM-9     | 00:27:59   | 00:03:30 | 00:27:57    | 00:03:30   | 00:13:57 |             | Club atletismc PINO (O)               |           |
| 18     | 62     | FERNANDO   | VÁZQUEZ AF  | M-18   | MASBM-2   | 00:28:02   | 00:03:31 | 00:27:57    | 00:03:30   | 00:13:53 | AG3842      | Club atletismc CULLEREDO              |           |
| 19     | 52     | ARTURO     | MATA CAST   | M-19   | SNM-10    | 00:28:10   | 00:03:32 | 00:28:07    | 00:03:31   | 00:14:05 |             | Club Atletismc SANTIAGO DE COMPOSTELA |           |
| 20     | 53     | MODESTO    | ROUCO ALM   | M-20   | SNM-11    | 00:28:13   | 00:03:32 | 00:28:08    | 00:03:31   | 00:14:07 | GA-3799360- | Club Atletismc AMES                   |           |
| 21     | 133    | NICOLÁS    | MARÍN MOLL  | M-21   | SNM-12    | 00:28:21   | 00:03:33 | 00:28:19    | 00:03:33   | 00:13:38 | 77409517.0  | Triatlón Vilag VILAGARCÍA DE AROUSA   |           |
| 22     | 44     | FRAN       | OVIEDO BOL  | M-22   | MASAM-6   | 00:28:26   | 00:03:34 | 00:28:24    | 00:03:33   | 00:13:59 |             | Club atletismc NOIA                   |           |
| 23     | 7      | JACOBO     | CREGO FER   | M-23   | MASAM-7   | 00:28:37   | 00:03:35 | 00:28:35    | 00:03:35   | 00:13:52 | GA1500      | Triatlón Inforh TEO                   |           |
| 24     | 73     | ANGEL      | FAGILDE FAI | M-24   | MASBM-3   | 00:28:41   | 00:03:36 | 00:28:39    | 00:03:35   | 00:14:17 | AG 2023174  | Club Triatlón (SANTIAGO DE COMPOSTELA |           |
| 25     | 2      | MANUEL OLI | PÉREZ LÓPE  | M-25   | MASBM-4   | 00:28:44   | 00:03:36 | 00:28:40    | 00:03:35   | 00:14:05 | GA 768549   | Club atletismc CULLEREDO              |           |
| 26     | 63     | ALEXANDRE  | FERNÁNDEZ   | M-26   | SNM-13    | 00:28:45   | 00:03:36 | 00:28:42    | 00:03:36   | 00:14:22 |             | Club Atletismc VAL DO DUBRA           |           |
| 27     | 92     | JORGE      | OTERO LOPI  | M-27   | MASAM-8   | 00:28:59   | 00:03:38 | 00:28:46    | 00:03:36   | 00:14:12 | 44818695K   | Marjaritos Te AMES                    |           |
| 28     | 50     | XOSÉ ANTÓI | BARREIRO P  | M-28   | MASBM-5   | 00:29:00   | 00:03:38 | 00:28:56    | 00:03:37   | 00:14:21 | GA 1103     | Club atletismc SANTIAGO DE COMPOSTELA |           |
| 29     | 45     | ALEJANDRO  | COUSELO FE  | M-29   | S18M-3    | 00:29:11   | 00:03:39 | 00:29:06    | 00:03:39   | 00:14:36 |             | Club Atletismc ORDES                  |           |
| 30     | 35     | EROS MARTÍ | CANEDA DE   | M-30   | MASAM-9   | 00:29:14   | 00:03:40 | 00:29:10    | 00:03:39   | 00:14:30 |             | Club Atletismc GROVE (O)              |           |
| 31     | 36     | SANTIAGO   | FALCÓN PÉF  | M-31   | MASCM-1   | 00:29:20   | 00:03:40 | 00:29:15    | 00:03:40   | 00:14:21 | AG 2018451  | Club Atletismc GROVE (O)              |           |
| 32     | 220    | ENRIQUE    | MUIÑOS REY  | M-32   | MASBM-6   | 00:29:26   | 00:03:41 | 00:29:21    | 00:03:41   | 00:14:15 |             | Serres runner NOIA                    |           |
| 33     | 74     | XAVIER     | FAGILDE SAI | M-33   | S18M-4    | 00:29:30   | 00:03:42 | 00:29:25    | 00:03:41   | 00:14:36 |             | Club Triatlón (SANTIAGO DE COMPOSTELA |           |
| 34     | 56     | JUAN CARLC | FERNÁNDEZ   | M-34   | MASCM-2   | 00:29:34   | 00:03:42 | 00:29:30    | 00:03:42   | 00:14:32 | AG15065     | Club atletismc MUROS                  |           |
| 35     | 186    | ADRIAN     | MASCATO     | M-35   | SNM-14    | 00:29:47   | 00:03:44 | 00:29:43    | 00:03:43   | 00:14:56 |             | GROVE (O)                             |           |
| 36     | 221    | JOSE LUJIS | GONZALEZ N  | M-36   | MASAM-10  | 00:29:58   | 00:03:45 | 00:29:51    | 00:03:44   | 00:14:45 |             | TEO                                   |           |
| 37     | 82     | DAVID      | VÁZQUEZ TE  | M-37   | SNM-15    | 00:29:59   | 00:03:45 | 00:29:50    | 00:03:44   | 00:15:07 |             | CLUB TRIATI NOIA                      |           |
| 38     | 125    | JORGE MANI | GARCIA ROC  | M-38   | MASBM-7   | 00:30:04   | 00:03:46 | 00:30:01    | 00:03:46   | 00:14:44 | AG 767429   | Superfresh SANTIAGO DE COMPOSTELA     |           |
| 39     | 132    | KEVIN      | WALDOMAR    | M-39   | SNM-16    | 00:30:06   | 00:03:46 | 00:30:04    | 00:03:46   | 00:15:03 |             | Triatlón Rianx RIANXO                 |           |
| 40     | 116    | CRISTIAN   | MOGO CAST   | M-40   | SNM-17    | 00:30:07   | 00:03:46 | 00:29:56    | 00:03:45   | 00:15:04 |             | SD COMPOS VEDRA                       |           |
| 41     | 118    | FERNANDO   | SESA R SEG  | M-41   | MASBM-8   | 00:30:09   | 00:03:47 | 00:29:58    | 00:03:45   | 00:14:55 | AG18570     | SD COMPOS SANTIAGO DE COMPOSTELA      |           |
| 42     | 79     | ROQUE      | MONTERO D   | M-42   | S18M-5    | 00:30:18   | 00:03:48 | 00:30:12    | 00:03:47   | 00:14:38 |             | Club Triatlón (SANTIAGO DE COMPOSTELA |           |
| 43     | 113    | JOSE ANTON | FERNÁNDEZ   | M-43   | MASBM-9   | 00:30:20   | 00:03:48 | 00:30:10    | 00:03:47   | 00:15:07 | GA3939910   | SD COMPOS ARTEIXO                     |           |
| 44     | 190    | JOSE MANUE | MIRANDA VI  | M-44   | MASBM-10  | 00:30:29   | 00:03:49 | 00:30:20    | 00:03:48   | 00:15:10 |             | PORRIÑO (O)                           |           |
| 45     | 172    | MIGUEL     | GARCÍA MAF  | M-45   | SNM-18    | 00:30:30   | 00:03:49 | 00:30:25    | 00:03:49   | 00:14:46 |             | MONFERO                               |           |
| 46     | 19     | ANA MARÍA  | SANTISO PR  | F-1    | SNF-1     | 00:30:33   | 00:03:50 | 00:30:31    | 00:03:49   | 00:14:53 |             | Atletismo Nar TEO                     |           |
| 47     | 213    | DAMIÁN     | SUSAVILA R  | M-46   | MASAM-11  | 00:30:46   | 00:03:51 | 00:30:25    | 00:03:49   | 00:15:27 |             | VALGA                                 |           |
| 48     | 171    | DANIEL     | GARCIA CAR  | M-47   | SNM-19    | 00:31:02   | 00:03:53 | 00:30:56    | 00:03:52   | 00:15:13 |             | SOUTOMAIOR                            |           |
| 49     | 163    | PABLO      | FERNÁNDEZ   | M-48   | SNM-20    | 00:31:04   | 00:03:53 | 00:30:51    | 00:03:52   | 00:15:28 |             | CORUÑA (A)                            |           |
| 50     | 102    | DAVID      | PÉREZ CAST  | M-49   | MASAM-12  | 00:31:08   | 00:03:54 | 00:31:01    | 00:03:53   | 00:15:29 | AG20583     | Noitebra FC SANTIAGO DE COMPOSTELA    |           |
| 51     | 120    | LAUREANO   | VARELA ALV  | M-50   | MASBM-11  | 00:31:22   | 00:03:56 | 00:31:12    | 00:03:54   | 00:15:36 |             | SD COMPOS SANTIAGO DE COMPOSTELA      |           |
| 52     | 34     | BASILIO    | CAMIÑA UCF  | M-51   | MASAM-13  | 00:31:28   | 00:03:56 | 00:31:22    | 00:03:56   | 00:15:22 | AG14781     | Club Atletismc SANXENXO               |           |
| 53     | 43     | JUAN       | MAYO BALDI  | M-52   | MASBM-12  | 00:31:38   | 00:03:58 | 00:31:29    | 00:03:57   | 00:15:57 |             | Club atletismc NOIA                   |           |
| 54     | 127    | DANIEL     | BARDANCA    | M-53   | SNM-21    | 00:31:40   | 00:03:58 | 00:31:20    | 00:03:55   | 00:15:53 |             | Triatlón costa ZAS                    |           |
| 55     | 180    | RAÚL       | HERRERO M   | M-54   | MASBM-13  | 00:31:42   | 00:03:58 | 00:31:34    | 00:03:57   | 00:15:51 |             | VALGA                                 |           |

|     |     |            |                   |          |          |          |          |          |          |              |                                       |
|-----|-----|------------|-------------------|----------|----------|----------|----------|----------|----------|--------------|---------------------------------------|
| 56  | 140 | URBANO     | ÁLVAREZ CAM-55    | MASBM-14 | 00:31:42 | 00:03:58 | 00:31:28 | 00:03:56 | 00:15:51 |              | PADRÓN                                |
| 57  | 46  | FRANCISCO  | CUENCA GAIM-56    | MASAM-14 | 00:31:44 | 00:03:58 | 00:31:40 | 00:03:58 | 00:15:30 |              | Club Atletismc TEO                    |
| 58  | 59  | RAMIRO     | PÉREZ PERE M-57   | MASCM-3  | 00:31:49 | 00:03:59 | 00:31:40 | 00:03:58 | 00:16:04 |              | Club atletismc TEO                    |
| 59  | 84  | RUBÉN      | VILA SIEIRA M-58  | MASBM-15 | 00:31:50 | 00:03:59 | 00:31:43 | 00:03:58 | 00:16:00 | A-7426       | Egovarros BOIRO                       |
| 60  | 31  | ÓSCAR      | FUENTES MCM-59    | MASAM-15 | 00:31:54 | 00:04:00 | 00:31:48 | 00:03:59 | 00:16:01 |              | CDM Xesteira PONTECESURES             |
| 61  | 64  | FERNANDO   | GUTIÉRREZ M-60    | MASAM-16 | 00:32:04 | 00:04:01 | 00:31:52 | 00:03:59 | 00:16:04 |              | Club Atletismc OROSO                  |
| 62  | 109 | RAMÓN      | PIÑERO LAM M-61   | MASAM-17 | 00:32:08 | 00:04:01 | 00:32:02 | 00:04:01 | 00:16:00 |              | S.D. Barbanti BOIRO                   |
| 63  | 119 | LUCIA      | TABOADA CCF-2     | S18F-1   | 00:32:13 | 00:04:02 | 00:32:09 | 00:04:02 | 00:15:40 |              | SD COMPOS SANTIAGO DE COMPOSTELA      |
| 64  | 98  | SUSO       | QUINTELA VM-62    | MASBM-16 | 00:32:15 | 00:04:02 | 00:32:05 | 00:04:01 | 00:15:42 |              | Noitebra FC AMES                      |
| 65  | 81  | MANUEL JOF | TORRES BAL M-63   | MASCM-4  | 00:32:18 | 00:04:03 | 00:32:07 | 00:04:01 | 00:16:25 |              | Club Triatlón (SANTIAGO DE COMPOSTELA |
| 66  | 203 | MANUEL     | RIVADULLA FM-64   | SNM-22   | 00:32:18 | 00:04:03 | 00:32:13 | 00:04:02 | 00:15:29 |              | PONTECESURES                          |
| 67  | 65  | BRAIS      | PÉREZ FERN M-65   | SNM-23   | 00:32:21 | 00:04:03 | 00:32:18 | 00:04:03 | 00:14:39 |              | Club Atletismc AMES                   |
| 68  | 151 | JUAN LUIS  | CARBIA MEN M-66   | MASBM-17 | 00:32:23 | 00:04:03 | 00:32:16 | 00:04:02 | 00:16:06 |              | PONTECESURES                          |
| 69  | 123 | ANA        | MARTÍNEZ MF-3     | MASAF-1  | 00:32:28 | 00:04:04 | 00:32:25 | 00:04:04 | 00:16:07 |              | Serres runner MUROS                   |
| 70  | 189 | JAVIER     | MIGUENS M/M-67    | MASAM-18 | 00:32:47 | 00:04:06 | 00:32:31 | 00:04:04 | 00:16:36 |              | ESTRADA (A)                           |
| 71  | 20  | JOSE       | BUSTO RIAL M-68   | SNM-24   | 00:32:57 | 00:04:08 | 00:32:37 | 00:04:05 | 00:16:08 |              | Club atletismc CABANA DE BERGANTIÑOS  |
| 72  | 12  | MANUEL     | BARROS BAF M-69   | MASBM-18 | 00:33:01 | 00:04:08 | 00:32:53 | 00:04:07 | 00:16:13 | AG3996       | Atletismo +9 I BARRO                  |
| 73  | 121 | PISY       | CANDAMO FIM-70    | MASCM-5  | 00:33:03 | 00:04:08 | 00:32:56 | 00:04:07 | 00:16:22 |              | Serres runner MUROS                   |
| 74  | 143 | PEPE       | BARREIRO BM-71    | MASCM-6  | 00:33:04 | 00:04:08 | 00:32:58 | 00:04:08 | 00:16:22 |              | PONTECESURES                          |
| 75  | 106 | RAFAEL     | HERNÁNDEZ M-72    | MASBM-19 | 00:33:12 | 00:04:09 | 00:32:59 | 00:04:08 | 00:16:51 |              | S.D. Barbanti BOIRO                   |
| 76  | 207 | FERMÍN     | SALGADO LC M-73   | MASBM-20 | 00:33:19 | 00:04:10 | 00:33:08 | 00:04:09 | 00:16:44 |              | PONTECESURES                          |
| 77  | 75  | GABRIEL    | NOGUEIRA NM-74    | MASAM-19 | 00:33:20 | 00:04:10 | 00:33:11 | 00:04:09 | 00:16:25 |              | Club Triatlón (MELIDE                 |
| 78  | 107 | JAVIER     | MONTANÉ LM-75     | MASBM-21 | 00:33:22 | 00:04:11 | 00:33:04 | 00:04:08 | 00:16:51 |              | S.D. Barbanti BOIRO                   |
| 79  | 144 | PABLO      | BARREIRO RM-76    | SNM-25   | 00:33:26 | 00:04:11 | 00:33:19 | 00:04:10 | 00:16:22 |              | PONTECESURES                          |
| 80  | 38  | NOELIA     | NOGUEIRA VF-4     | SNF-2    | 00:33:29 | 00:04:12 | 00:33:23 | 00:04:11 | 00:16:27 |              | Club Atletismc GROVE (O)              |
| 81  | 212 | BRAIS      | SEOANE CE/M-77    | MASAM-20 | 00:33:46 | 00:04:14 | 00:33:37 | 00:04:13 | 00:16:17 |              | SANTIAGO DE COMPOSTELA                |
| 82  | 145 | DIEGO      | BELLO GRAIM-78    | MASAM-21 | 00:33:49 | 00:04:14 | 00:33:16 | 00:04:10 | 00:17:03 |              | NEGREIRA                              |
| 83  | 22  | ELENA      | MIGUENS OTF-5     | MASBF-1  | 00:33:50 | 00:04:14 | 00:33:45 | 00:04:14 | 00:16:45 | AG-766075    | Club atletismc PADRÓN                 |
| 84  | 25  | ROBERTO    | CID SANMARM-79    | MASBM-22 | 00:33:54 | 00:04:15 | 00:33:49 | 00:04:14 | 00:16:16 |              | Brutanzos Te OLEIROS                  |
| 85  | 136 | ANXO       | VIDAL ABAL M-80   | MASBM-23 | 00:34:01 | 00:04:16 | 00:33:51 | 00:04:14 | 00:16:15 |              | TRIBU TRAIL RIANXO                    |
| 86  | 55  | RAMÓN      | CANOSA CA M-81    | MASBM-24 | 00:34:02 | 00:04:16 | 00:33:58 | 00:04:15 | 00:17:06 | AG-765438    | Club atletismc CEE                    |
| 87  | 129 | ISMAEL     | GIL FERNÁNIM-82   | MASBM-25 | 00:34:05 | 00:04:16 | 00:33:58 | 00:04:15 | 00:16:52 |              | Triatlon Rianx BOIRO                  |
| 88  | 122 | JAVIER     | GONZALEZ M-83     | SNM-26   | 00:34:10 | 00:04:17 | 00:33:59 | 00:04:15 | 00:17:06 | GA 3817899 / | Serres runner MUROS                   |
| 89  | 16  | ENRIQUE    | MARTINEZ GM-84    | MASBM-26 | 00:34:13 | 00:04:17 | 00:34:05 | 00:04:16 | 00:17:09 | AG17395      | Atletismo +9 I VILAGARCÍA DE AROUSA   |
| 90  | 162 | CHEMA      | FERNANDEZ M-85    | MASCM-7  | 00:34:28 | 00:04:19 | 00:34:07 | 00:04:16 | 00:17:12 |              | VILAGARCÍA DE AROUSA                  |
| 91  | 142 | MIGUEL     | BARREIRO BM-86    | MASAM-22 | 00:34:34 | 00:04:20 | 00:34:28 | 00:04:19 | 00:17:04 |              | PONTECESURES                          |
| 92  | 202 | MARCOS     | RÍOS MIGUE M-87   | SNM-27   | 00:34:46 | 00:04:21 | 00:34:25 | 00:04:19 | 00:17:23 |              | TEO                                   |
| 93  | 114 | MARCOS     | FONTANS SEM-88    | MASBM-27 | 00:34:53 | 00:04:22 | 00:34:37 | 00:04:20 | 00:17:48 | AG17913      | SD COMPOS VALGA                       |
| 94  | 222 | CRISTIAN   | ZAS SANDE M-89    | MASAM-23 | 00:35:10 | 00:04:24 | 00:35:00 | 00:04:23 | 00:17:27 |              | SANTIAGO                              |
| 95  | 178 | MANUEL     | GONZÁLEZ EM-90    | SNM-28   | 00:35:12 | 00:04:24 | 00:34:58 | 00:04:23 | 00:17:51 |              | ROIS                                  |
| 96  | 3   | FRANCISCO  | SANMARCO M-91     | MASCM-8  | 00:35:15 | 00:04:25 | 00:35:03 | 00:04:23 | 00:17:20 | GA-768550    | Club atletismc PONTECESURES           |
| 97  | 57  | ELOY       | IGLESIAS CRM-92   | MASCM-9  | 00:35:15 | 00:04:25 | 00:35:03 | 00:04:23 | 00:17:20 |              | Club atletismc VALGA                  |
| 98  | 112 | MANUEL     | CASTIÑEIRA M-93   | MASBM-28 | 00:35:25 | 00:04:26 | 00:35:16 | 00:04:25 | 00:16:08 | AG3561       | SD COMPOS SANTIAGO DE COMPOSTELA      |
| 99  | 94  | JAIRO      | FONTENLA EM-94    | MASAM-24 | 00:35:29 | 00:04:27 | 00:35:16 | 00:04:25 | 00:17:36 |              | Moraña en R MORAÑA                    |
| 100 | 104 | CARLOS     | MARTINS REM-95    | MASBM-29 | 00:35:42 | 00:04:28 | 00:35:26 | 00:04:26 | 00:18:12 |              | PROSIMA CA ESTRADA (A)                |
| 101 | 147 | ÁNGEL      | BLANCO VÁZ M-96   | MASAM-25 | 00:35:44 | 00:04:28 | 00:35:22 | 00:04:26 | 00:17:44 |              | CORUÑA (A)                            |
| 102 | 182 | BARRY      | LYNCH M-97        | MASBM-30 | 00:35:48 | 00:04:29 | 00:35:25 | 00:04:26 | 00:17:44 |              | VILLAGARCÍA DE AROSA                  |
| 103 | 110 | DIEGO      | GARCIA LOR M-98   | MASAM-26 | 00:35:52 | 00:04:29 | 00:35:33 | 00:04:27 | 00:18:06 | A-11132      | S.D. Barbanti RIANXO                  |
| 104 | 61  | ANTIA      | SANMARCO F-6      | SNF-3    | 00:35:54 | 00:04:30 | 00:35:46 | 00:04:29 | 00:17:45 |              | Club atletismc PONTECESURES           |
| 105 | 58  | NADIA      | MRIMICHE MF-7     | MASBF-2  | 00:36:03 | 00:04:31 | 00:35:47 | 00:04:29 | 00:18:05 |              | Club atletismc CULLEREDO              |
| 106 | 170 | MARÍA DOLC | GALEGO CA F-8     | MASBF-3  | 00:36:09 | 00:04:32 | 00:35:58 | 00:04:30 | 00:17:55 |              | PONTEVEDRA                            |
| 107 | 8   | MANUEL     | FONTENLA NM-99    | MASCM-10 | 00:36:16 | 00:04:32 | 00:36:00 | 00:04:30 | 00:17:52 |              | Aceadama - T CORUÑA (A)               |
| 108 | 173 | ANDRÉS     | GARCÍA PAR M-100  | MASBM-31 | 00:36:25 | 00:04:34 | 00:36:10 | 00:04:32 | 00:18:03 |              | PONTECESURES                          |
| 109 | 126 | RUBEN      | MUÑIZ FERN M-101  | SNM-29   | 00:36:36 | 00:04:35 | 00:36:26 | 00:04:34 | 00:17:57 |              | Triatleiros NOIA                      |
| 110 | 216 | CARLOS     | VALLE ALON M-102  | MASAM-27 | 00:36:36 | 00:04:35 | 00:36:17 | 00:04:33 | 00:18:45 |              | AMES                                  |
| 111 | 179 | LUCAS      | HERMO BAR M-103   | SNM-30   | 00:36:38 | 00:04:35 | 00:36:18 | 00:04:33 | 00:18:20 |              | PONTECESURES                          |
| 112 | 30  | ERICA      | FERNÁNDEZ F-9     | MASAF-2  | 00:36:41 | 00:04:36 | 00:36:35 | 00:04:35 | 00:17:51 | 36130611.0   | CDM Xesteira PONTECESURES             |
| 113 | 214 | MARTIN     | TEIJEIRO EN M-104 | MASAM-28 | 00:36:44 | 00:04:36 | 00:36:29 | 00:04:34 | 00:18:03 |              | PONTECESURES                          |
| 114 | 211 | BRAIS      | SENIN LOPE M-105  | SNM-31   | 00:36:54 | 00:04:37 | 00:36:36 | 00:04:35 | 00:18:42 |              | RIANXO                                |
| 115 | 135 | MIGUEL     | VELAY REY M-106   | MASAM-29 | 00:36:57 | 00:04:38 | 00:36:38 | 00:04:35 | 00:18:46 |              | TRIBU TRAIL PONTECESURES              |
| 116 | 80  | MARTA      | PÉREZ MASE F-10   | SNF-4    | 00:37:02 | 00:04:38 | 00:36:54 | 00:04:37 | 00:18:16 |              | Club Triatlón (SANTIAGO DE COMPOSTELA |
| 117 | 17  | JAVIER     | MARTIÑÁN CM-107   | MASCM-11 | 00:37:04 | 00:04:38 | 00:36:57 | 00:04:38 | 00:18:16 | AG15314      | Atletismo +9 I AMES                   |

|     |     |                              |          |          |          |          |          |          |                |                                  |                        |
|-----|-----|------------------------------|----------|----------|----------|----------|----------|----------|----------------|----------------------------------|------------------------|
| 118 | 150 | LUIS CALVO CALV M-108        | MASCM-12 | 00:37:21 | 00:04:41 | 00:37:08 | 00:04:39 | 00:18:31 |                | BOIRO                            |                        |
| 119 | 198 | ÁNGEL PÉREZ SUSAM-109        | MASCM-13 | 00:37:22 | 00:04:41 | 00:37:08 | 00:04:39 | 00:18:31 |                | DODRO                            |                        |
| 120 | 15  | ALEJANDRO GARCÍA LOS M-110   | SNM-32   | 00:37:25 | 00:04:41 | 00:37:04 | 00:04:38 | 00:18:46 | Atletismo +9   | PADRÓN                           |                        |
| 121 | 156 | BORJA DOPAZO FEF M-111       | SNM-33   | 00:37:39 | 00:04:43 | 00:37:25 | 00:04:41 | 00:18:48 |                | PONTECESURES                     |                        |
| 122 | 111 | IGNACIO BELTRÁ GAF M-112     | SNM-34   | 00:37:44 | 00:04:43 | 00:37:32 | 00:04:42 | 00:18:57 | GA-3776907-7   | SD COMPOS SANTIAGO DE COMPOSTELA |                        |
| 123 | 191 | JESUS RAMC MONTOUTO M-113    | SNM-35   | 00:37:53 | 00:04:45 | 00:37:31 | 00:04:42 | 00:18:51 |                | ESTRADA (A)                      |                        |
| 124 | 13  | GLORIA CAÑAMARES F-11        | SNF-5    | 00:37:54 | 00:04:45 | 00:37:46 | 00:04:44 | 00:18:39 | Atletismo +9   | MORAÑA                           |                        |
| 125 | 14  | ANTONIO FLORES SAN M-114     | MASAM-30 | 00:37:55 | 00:04:45 | 00:37:46 | 00:04:44 | 00:18:39 | GA-3772641-7   | Atletismo +9                     | BARRO                  |
| 126 | 54  | NANCI VIVIAI CAAMAÑO L F-12  | MASCF-1  | 00:38:03 | 00:04:46 | 00:37:51 | 00:04:44 | 00:18:50 | Club atletismc | CULLEREDO                        |                        |
| 127 | 201 | ALICIA REYES RODI F-13       | SNF-6    | 00:38:10 | 00:04:47 | 00:37:49 | 00:04:44 | 00:19:01 |                | PONTEVEDRA                       |                        |
| 128 | 99  | JESUS PEREZ BALIF M-115      | MASCM-14 | 00:38:20 | 00:04:48 | 00:38:07 | 00:04:46 | 00:19:06 | AG-2020370     | Noitebra FC                      | SANTIAGO DE COMPOSTELA |
| 129 | 26  | ALBA LÓPEZ SANM F-14         | MASAF-3  | 00:38:23 | 00:04:48 | 00:38:05 | 00:04:46 | 00:19:22 | Brutanzos Te   | MIÑO                             |                        |
| 130 | 1   | FERNANDO SAINZ GARC M-116    | MASCM-15 | 00:38:33 | 00:04:50 | 00:38:28 | 00:04:49 | 00:18:45 | G-99999        | Club atletismc                   | AMES                   |
| 131 | 138 | JULIO ALBEF ALDREY BAC M-117 | MASBM-32 | 00:38:40 | 00:04:50 | 00:38:08 | 00:04:46 | 00:19:11 |                | SANTIAGO DE COMPOSTELA           |                        |
| 132 | 215 | IGNACIO TORRES GOI M-118     | S18M-6   | 00:38:45 | 00:04:51 | 00:38:32 | 00:04:49 | 00:18:55 |                | CAMBADOS                         |                        |
| 133 | 205 | ÁNGEL RODRÍGUEZ M-119        | MASAM-31 | 00:38:47 | 00:04:51 | 00:38:23 | 00:04:48 | 00:19:31 |                | TEO                              |                        |
| 134 | 217 | LUCAS VÁZQUEZ CC M-120       | S18M-7   | 00:38:48 | 00:04:51 | 00:38:44 | 00:04:51 | 00:19:08 |                | RIANXO                           |                        |
| 135 | 159 | LAURA FABEIRO FRIF-15        | S18F-2   | 00:38:48 | 00:04:51 | 00:38:44 | 00:04:51 | 00:19:10 |                | VALGA                            |                        |
| 136 | 70  | AMADOR REBOREDA C M-121      | MASCM-16 | 00:38:55 | 00:04:52 | 00:38:34 | 00:04:50 | 00:19:19 | CLUB DEPOF     | REDONDELA                        |                        |
| 137 | 161 | LUCIA FERNÁNDEZ F-16         | SNF-7    | 00:38:56 | 00:04:52 | 00:38:30 | 00:04:49 | 00:19:45 |                | SANTIAGO DE COMPOSTELA           |                        |
| 138 | 33  | SUSANA MIRÁS CARB F-17       | MASAF-4  | 00:38:58 | 00:04:53 | 00:38:46 | 00:04:51 | 00:19:11 | CLUB DEPOF     | TEO                              |                        |
| 139 | 83  | NESTI PIÑEIRO SAN F-18       | MASBF-4  | 00:38:59 | 00:04:53 | 00:38:43 | 00:04:51 | 00:19:12 | Club Atletismc | CAMBADOS                         |                        |
| 140 | 200 | ENRIQUE REFOJO FEF M-122     | SNM-36   | 00:39:00 | 00:04:53 | 00:38:40 | 00:04:50 | 00:20:07 |                | VALGA                            |                        |
| 141 | 141 | PABLO BARRAL BAF M-123       | MASBM-33 | 00:39:02 | 00:04:53 | 00:38:52 | 00:04:52 | 00:18:17 |                | VIGO                             |                        |
| 142 | 158 | AHMED ELSEICY M-124          | MASAM-32 | 00:39:09 | 00:04:54 | 00:38:38 | 00:04:50 | 00:19:53 |                | VIGO                             |                        |
| 143 | 72  | JOEL ROMERO M-125            | S18M-8   | 00:39:20 | 00:04:55 | 00:39:15 | 00:04:55 | 00:17:40 | CLUB NAUTIC    | DODRO                            |                        |
| 144 | 28  | MARIO OTERO DÍAZ M-126       | MASBM-34 | 00:39:20 | 00:04:55 | 00:38:56 | 00:04:52 | 00:19:47 | AG-766826      | C.D. Ría de A                    | SANTIAGO DE COMPOSTELA |
| 145 | 91  | FERNANDO AGRA SOTO M-127     | MASBM-35 | 00:39:20 | 00:04:55 | 00:39:04 | 00:04:53 | 00:19:42 |                | ESTRADA (A)                      |                        |
| 146 | 177 | JOSE GOMEZ VIAÑ M-128        | MASCM-17 | 00:39:24 | 00:04:56 | 00:39:04 | 00:04:53 | 00:19:38 |                | AMES                             |                        |
| 147 | 137 | SONIA MARI/AGRASAR B/ F-19   | MASBF-5  | 00:39:25 | 00:04:56 | 00:39:14 | 00:04:55 | 00:19:37 |                | PADRÓN                           |                        |
| 148 | 199 | JONATAN PIÑEIRO VIL/ M-129   | SNM-37   | 00:39:28 | 00:04:56 | 00:39:08 | 00:04:54 | 00:19:56 |                | PONTECESURES                     |                        |
| 149 | 204 | TAMARA RODRIGUEZ F-20        | MASAF-5  | 00:39:32 | 00:04:57 | 00:39:24 | 00:04:56 | 00:19:16 |                | SANTIAGO DE COMPOSTELA           |                        |
| 150 | 101 | JOSE ANTON GIL BREA M-130    | MASCM-18 | 00:39:34 | 00:04:57 | 00:39:18 | 00:04:55 | 00:19:49 | AG2028157      | Noitebra FC                      | SANTIAGO DE COMPOSTELA |
| 151 | 155 | CARMEN DIZ FERNÁNIF-21       | SNF-8    | 00:39:34 | 00:04:57 | 00:39:20 | 00:04:55 | 00:19:43 |                | PONTECESURES                     |                        |
| 152 | 164 | JOSÉ CARLC FERNÁNDEZ M-131   | SNM-38   | 00:39:34 | 00:04:57 | 00:39:19 | 00:04:55 | 00:19:44 |                | CHANTADA                         |                        |
| 153 | 174 | SAMUEL GIL CALDEL/ M-132     | SNM-39   | 00:39:43 | 00:04:58 | 00:39:22 | 00:04:56 | 00:20:07 |                | VALGA                            |                        |
| 154 | 187 | MARTINA MELLA MON F-22       | SNF-9    | 00:40:07 | 00:05:01 | 00:39:50 | 00:04:59 | 00:19:42 |                | VEDRA                            |                        |
| 155 | 146 | JOSÉ ANTON BLANCO BAF M-133  | MASCM-19 | 00:40:14 | 00:05:02 | 00:39:56 | 00:05:00 | 00:20:17 |                | SANTIAGO DE COMPOSTELA           |                        |
| 156 | 148 | TANIA BOQUETE G/ F-23        | MASAF-6  | 00:40:15 | 00:05:02 | 00:39:56 | 00:05:00 | 00:20:18 |                | NEGREIRA                         |                        |
| 157 | 181 | CARLOS LOPEZ PLAT. M-134     | MASBM-36 | 00:40:18 | 00:05:03 | 00:40:11 | 00:05:02 | 00:19:46 |                | PINO (O)                         |                        |
| 158 | 154 | CARLA DÍAZ LÓPEZ F-24        | MASAF-7  | 00:40:18 | 00:05:03 | 00:40:12 | 00:05:02 | 00:19:48 |                | PINO (O)                         |                        |
| 159 | 40  | JESÚS PÉREZ GARC M-135       | MASCM-20 | 00:40:33 | 00:05:05 | 00:40:10 | 00:05:02 | 00:20:51 | Club Atletismc | GROVE (O)                        |                        |
| 160 | 71  | IAN JAMARDO JA M-136         | S18M-9   | 00:40:41 | 00:05:06 | 00:40:35 | 00:05:05 | 00:18:33 | CLUB NAUTIC    | VALGA                            |                        |
| 161 | 175 | CRISTINA GÓMEZ GÓN F-25      | MASAF-8  | 00:40:53 | 00:05:07 | 00:40:46 | 00:05:06 | 00:19:51 |                | SOUTOMAIOR                       |                        |
| 162 | 11  | PATRICIA ARGIZ PEITE F-26    | MASBF-6  | 00:41:01 | 00:05:08 | 00:40:48 | 00:05:06 | 00:20:01 | AG20036        | Atletismo +9                     | MORAÑA                 |
| 163 | 196 | JOSE PENA FRAN( M-137        | MASCM-21 | 00:41:03 | 00:05:08 | 00:40:40 | 00:05:05 | 00:20:31 |                | RIBEIRA                          |                        |
| 164 | 206 | MARCOS ROZAS VÁZC M-138      | SNM-40   | 00:41:42 | 00:05:13 | 00:41:19 | 00:05:10 | 00:20:49 |                | AMES                             |                        |
| 165 | 23  | PABLO BLANCO CAL M-139       | SNM-41   | 00:41:53 | 00:05:15 | 00:41:40 | 00:05:13 | 00:20:41 | Barbanza Rur   | BOIRO                            |                        |
| 166 | 37  | JOSE GOMEZ BIOC M-140        | MASCM-22 | 00:42:02 | 00:05:16 | 00:41:40 | 00:05:13 | 00:21:49 | Club Atletismc | CAMBADOS                         |                        |
| 167 | 66  | NOELIA GARRIDO BE F-27       | SNF-10   | 00:42:12 | 00:05:17 | 00:42:02 | 00:05:16 | 00:20:33 | CLUB DEPOF     | BRIÓN                            |                        |
| 168 | 153 | MARINA CUEVAS VID. F-28      | SNF-11   | 00:42:18 | 00:05:18 | 00:41:57 | 00:05:15 | 00:21:11 |                | PONTEVEDRA                       |                        |
| 169 | 160 | PALOMA FÉLIX SOLLAF-29       | SNF-12   | 00:42:19 | 00:05:18 | 00:41:59 | 00:05:15 | 00:21:11 |                | PONTEVEDRA                       |                        |
| 170 | 10  | MARÍA AGRELO COIF-30         | MASBF-7  | 00:42:20 | 00:05:18 | 00:42:07 | 00:05:16 | 00:20:59 | AG16205        | Atletismo +9                     | MORAÑA                 |
| 171 | 192 | PABLO MUÑOZ VAZ( M-141       | SNM-42   | 00:42:21 | 00:05:18 | 00:41:58 | 00:05:15 | 00:20:53 |                | AMES                             |                        |
| 172 | 108 | LORENA RIAL OTERO F-31       | MASAF-9  | 00:42:28 | 00:05:19 | 00:42:10 | 00:05:17 | 00:21:12 | S.D. Barbanti  | BOIRO                            |                        |
| 173 | 18  | EVIAÑA NOGUEIRA EF-32        | MASAF-10 | 00:42:49 | 00:05:22 | 00:42:20 | 00:05:18 | 00:21:44 | Atletismo A E  | ESTRADA (A)                      |                        |
| 174 | 115 | MIRIAM MIGUEZ NEC F-33       | MASBF-8  | 00:43:18 | 00:05:25 | 00:42:56 | 00:05:22 | 00:22:28 | SD COMPOS      | SANTIAGO DE COMPOSTELA           |                        |
| 175 | 195 | CARLOS PAMPÍN BOA M-142      | MASCM-23 | 00:43:18 | 00:05:25 | 00:42:56 | 00:05:22 | 00:21:51 |                | VILA DE CRUCES                   |                        |
| 176 | 117 | FERNANDO REY ALBARE M-143    | MASBM-37 | 00:43:18 | 00:05:25 | 00:42:57 | 00:05:23 | 00:22:28 | SD COMPOS      | SANTIAGO DE COMPOSTELA           |                        |
| 177 | 165 | JULIÁN FERNÁNDEZ M-144       | SNM-43   | 00:43:45 | 00:05:29 | 00:43:32 | 00:05:27 | 00:20:52 |                | ROIS                             |                        |
| 178 | 166 | ALEJANDRO FERREIRO A M-145   | SNM-44   | 00:43:45 | 00:05:29 | 00:43:20 | 00:05:25 | 00:21:39 |                | LOUSAME                          |                        |
| 179 | 90  | PAKINHO MARTINEZ G M-146     | MASBM-38 | 00:43:56 | 00:05:30 | 00:43:29 | 00:05:27 | 00:22:06 | gallaecia jast | VIGO                             |                        |

|     |                 |                  |          |          |          |          |          |          |                                                |
|-----|-----------------|------------------|----------|----------|----------|----------|----------|----------|------------------------------------------------|
| 180 | 169 PATRICIA    | GAITEIRO ÁL F-34 | SNF-13   | 00:44:01 | 00:05:31 | 00:43:47 | 00:05:29 | 00:21:49 | ESTRADA (A)                                    |
| 181 | 157 PABLO       | DOSIL ROSE M-147 | MASBM-39 | 00:44:14 | 00:05:32 | 00:43:51 | 00:05:29 | 00:21:31 | VILAGARCÍA DE AROUSA                           |
| 182 | 208 JOSE RAMO   | SANCHEZ LC M-148 | MASBM-40 | 00:44:14 | 00:05:32 | 00:43:51 | 00:05:29 | 00:21:30 | JAÉN                                           |
| 183 | 183 SANDRA      | MANTEIGA RF-35   | MASAF-11 | 00:44:25 | 00:05:34 | 00:43:59 | 00:05:30 | 00:21:50 | TEO                                            |
| 184 | 193 DANIEL      | OTERO CEPÍ M-149 | MASCM-24 | 00:44:36 | 00:05:35 | 00:44:13 | 00:05:32 | 00:22:04 | SANTIAGO DE COMPOSTELA                         |
| 185 | 27 LUPE         | VILAR SEREÍ F-36 | MASCF-2  | 00:45:03 | 00:05:38 | 00:44:47 | 00:05:36 | 00:22:26 | Club Atletism CAMBADOS                         |
| 186 | 167 LORENZO     | FERREIRO P M-150 | SNM-45   | 00:45:08 | 00:05:39 | 00:44:40 | 00:05:35 | 00:22:23 | SANTIAGO DE COMPOSTELA                         |
| 187 | 218 JESSICA     | VIDAL GOME F-37  | SNF-14   | 00:45:09 | 00:05:39 | 00:44:40 | 00:05:35 | 00:22:25 | BRIÓN                                          |
| 188 | 197 FRANCISCO   | PEREZ PERE M-151 | MASAM-33 | 00:45:09 | 00:05:39 | 00:44:40 | 00:05:35 | 00:22:21 | ROIS                                           |
| 189 | 96 ELSA         | LORENZO G/ F-38  | SNF-15   | 00:45:41 | 00:05:43 | 00:45:32 | 00:05:42 | 00:22:34 | NM FITNESS VILAGARCÍA DE AROUSA                |
| 190 | 194 BENITO ISID | PADIN M-152      | MASBM-41 | 00:45:41 | 00:05:43 | 00:45:16 | 00:05:40 | 00:22:34 | CAMBADOS                                       |
| 191 | 185 MARISA      | MARTINEZ F F-39  | MASBF-9  | 00:46:05 | 00:05:46 | 00:45:50 | 00:05:44 | 00:22:57 | FUENLABRADA                                    |
| 192 | 88 JUAN         | UCHA SOLLA M-153 | MASBM-42 | 00:46:05 | 00:05:46 | 00:45:55 | 00:05:45 | 00:22:57 | FENDE-PERÍ POIO                                |
| 193 | 89 FERNANDO     | CAMPOS MU M-154  | MASCM-25 | 00:46:05 | 00:05:46 | 00:45:51 | 00:05:44 | 00:22:55 | F-P TEAM PONTEVEDRA                            |
| 194 | 219 MARIA SOLE  | VITORES LAI F-40 | MASBF-10 | 00:46:27 | 00:05:49 | 00:45:58 | 00:05:45 | 00:23:34 | TEO                                            |
| 195 | 139 ELENA       | ALLER CODE F-41  | MASAF-12 | 00:47:08 | 00:05:54 | 00:46:40 | 00:05:50 | 00:23:36 | ESTRADA (A)                                    |
| 196 | 49 ANA          | VÁZQUEZ FE F-42  | MASCF-3  | 00:49:50 | 00:06:14 | 00:49:22 | 00:06:11 | 00:24:38 | Club Atletism AMES                             |
| 197 | 95 SANDRA       | GONZALEZ F-43    | MASAF-13 | 00:49:50 | 00:06:14 | 00:49:42 | 00:06:13 | 00:24:46 | NM FITNESS GROVE (O)                           |
| DNF | 77 MARTÍN       | CASAL MOUÍ M-0   | SNM-0    | 0        | 0        | 0        | 0        | 00:15:52 | Club Triatlón SANTIAGO DE COMPOSTELA           |
| DNF | 93 MARGA        | VILLAVERDE F-0   | MASAF-0  | 0        | 0        | 0        | 0        | 00:17:56 | Marjaritos Te POIO                             |
| DNF | 103 ÓSCAR       | GARCÍA GÓM M-0   | SNM-0    | 0        | 0        | 0        | 0        | 00:20:58 | Odegard VALGA                                  |
| DNF | 149 ISAAC       | BRAGAÑA BÍ M-0   | SNM-0    | 0        | 0        | 0        | 0        | 00:19:14 | VALGA                                          |
| DNS | 9 ALEJANDRO     | SEGADE FUÍ M-0   | SNM-0    | 0        | 0        | 0        | 0        |          | Alejandro Seg CALDAS DE REIS                   |
| DNS | 41 ANDREA       | ARIAS MATO F-0   | SNF-0    | 0        | 0        | 0        | 0        |          | Atletismo A E ESTRADA (A)                      |
| DNS | 42 MAXIMINO     | LIMENS PRA M-0   | MASCM-0  | 0        | 0        | 0        | 0        |          | Club Atletism NEGREIRA                         |
| DNS | 51 OSCAR        | FIGUEIRAS TM-0   | MASBM-0  | 0        | 0        | 0        | 0        |          | Club atletism MUROS                            |
| DNS | 67 ALBERTO      | CAMINO PRE M-0   | MASAM-0  | 0        | 0        | 0        | 0        |          | CLUB DEPOF MARÍN                               |
| DNS | 68 OSCAR        | GARCÍA GAR M-0   | MASBM-0  | 0        | 0        | 0        | 0        |          | CLUB DEPOF VIGO                                |
| DNS | 85 JESUS        | REY LAGO M-0     | MASAM-0  | 0        | 0        | 0        | 0        |          | Familia TOURO                                  |
| DNS | 86 JAVIER       | UCHA M-0         | SNM-0    | 0        | 0        | 0        | 0        |          | FENDE-PERÍ SANXENXO                            |
| DNS | 87 JAVIER       | UCHA SOLLA M-0   | MASBM-0  | 0        | 0        | 0        | 0        |          | FENDE-PERÍ POIO                                |
| DNS | 97 MARÍA        | ALFONSO F-0      | SNF-0    | 0        | 0        | 0        | 0        |          | NM FITNESS GROVE (O)                           |
| DNS | 100 SUSANA      | BUJÁN OTEF F-0   | MASBF-0  | 0        | 0        | 0        | 0        |          | TAG2019282 Noitebra FC SANTIAGO DE COMPOSTELA  |
| DNS | 105 RICARDO     | ALONSO FEF M-0   | MASBM-0  | 0        | 0        | 0        | 0        |          | TGA589 Running Artei VERÍN                     |
| DNS | 124 UXIO        | RIAL RODRIC M-0  | MASAM-0  | 0        | 0        | 0        | 0        |          | Speedcross T PONTECESURES                      |
| DNS | 134 FRANCISCO   | REY PADIN M-0    | MASBM-0  | 0        | 0        | 0        | 0        |          | AG 2015903 Triatlón Vilag VILAGARCÍA DE AROUSA |
| DNS | 152 CÉSAR       | CREO FERN M-0    | SNM-0    | 0        | 0        | 0        | 0        |          | RIANXO                                         |
| DNS | 168 ANDREINA    | FIGUEIRA F-0     | SNF-0    | 0        | 0        | 0        | 0        |          | CARACAS                                        |
| DNS | 184 MARCIAL DE  | MARTÍN VÁZ M-0   | MASCM-0  | 0        | 0        | 0        | 0        |          | SANTIAGO DE COMPOSTELA                         |
| DNS | 188 LAURA       | MÉNDEZ BEL F-0   | MASAF-0  | 0        | 0        | 0        | 0        |          | NARÓN                                          |
| DNS | 209 LUIS        | SANTIAGO CM-0    | MASBM-0  | 0        | 0        | 0        | 0        |          | VIGO                                           |
| DNS | 210 BORJA       | SANTOS DIZ M-0   | MASAM-0  | 0        | 0        | 0        | 0        |          | PONTEVEDRA                                     |

## XXV CARREIRA POPULAR DE PONTECESURES 2026

ABSOLUTA 8K

Clasificación por Género

### Masculino

| Puesto | Géne | Dorsal | Nombre     | Apellidos  | Categoría | T. Oficial | Ritmo    | Tiempo Neto | Ritmo Neto | T. KM 4  | Licencia | Club                                  | Localidad   |
|--------|------|--------|------------|------------|-----------|------------|----------|-------------|------------|----------|----------|---------------------------------------|-------------|
| 1      |      | 69     | MANUEL     | LORENZO LC | SNM-1     | 00:25:26   | 00:03:11 | 00:25:25    | 00:03:11   | 00:12:47 |          | CLUB DEPOF MARÍN                      |             |
| 2      |      | 131    | YAGO       | LIJÓ ARES  | SNM-2     | 00:25:43   | 00:03:13 | 00:25:42    | 00:03:13   | 00:12:47 |          | Triatlon Rianx RIANXO                 |             |
| 3      |      | 130    | DAMIAN     | GONZALEZ C | SNM-3     | 00:26:08   | 00:03:16 | 00:26:05    | 00:03:16   | 00:13:03 |          | Triatlon Rianx BOIRO                  |             |
| 4      |      | 4      | CRISTÓBAL  | DIOS RÍOS  | SNM-4     | 00:26:17   | 00:03:18 | 00:26:15    | 00:03:17   | 00:13:01 |          |                                       |             |
| 5      |      | 39     | MAXI       | OUBIÑA FAL | MASAM-1   | 00:26:56   | 00:03:22 | 00:26:52    | 00:03:22   | 00:13:18 |          | Club Atletismc CAMBADOS               |             |
| 6      |      | 76     | MARCOS     | BARREIRO C | MASAM-2   | 00:27:00   | 00:03:23 | 00:26:56    | 00:03:22   | 00:13:28 |          | Club Triatlón (PALAS DE REI           |             |
| 7      |      | 32     | ELOI       | COUSO MAR  | MASAM-3   | 00:27:02   | 00:03:23 | 00:26:58    | 00:03:23   | 00:13:26 |          | CELTA ATLE SANTIAGO DE COMPOSTELA     |             |
| 8      |      | 48     | ADRIÁN     | SESAR MIGU | S18M-1    | 00:27:06   | 00:03:24 | 00:27:04    | 00:03:23   | 00:12:57 |          | Club Atletismc SANTIAGO DE COMPOSTELA |             |
| 9      |      | 6      | SAMUEL     | SABORIDO S | MASBM-1   | 00:27:08   | 00:03:24 | 00:27:05    | 00:03:24   | 00:13:19 |          | Club atletismc DODRO                  |             |
| 10     |      | 128    | ALEJANDRO  | CREO SABOI | SNM-5     | 00:27:09   | 00:03:24 | 00:27:07    | 00:03:24   | 00:13:27 |          | Triatlon Rianx RIANXO                 |             |
| 11     |      | 29     | RICARDO    | BUGALLO C/ | SNM-6     | 00:27:17   | 00:03:25 | 00:27:15    | 00:03:25   | 00:13:29 |          | CDM Xesteira MORAÑA                   |             |
| 12     |      | 5      | JUAN CARLC | MOSQUERA   | MASAM-4   | 00:27:21   | 00:03:26 | 00:27:20    | 00:03:25   | 00:13:31 |          | Club atletismc PONTECESURES           |             |
| 13     |      | 47     | IAGO       | MATEOS CAI | S18M-2    | 00:27:37   | 00:03:28 | 00:27:34    | 00:03:27   | 00:13:21 |          | Club Atletismc OROSO                  |             |
| 14     |      | 24     | MÍCHEL     | FERNÁNDEZ  | MASAM-5   | 00:27:41   | 00:03:28 | 00:27:36    | 00:03:27   | 00:13:43 |          | BNZ RUN CL RIANXO                     |             |
| 15     |      | 78     | JAVIER     | CORRAL SEF | SNM-7     | 00:27:51   | 00:03:29 | 00:27:46    | 00:03:29   | 00:13:28 |          | Club Triatlón (VIGO                   |             |
| 16     |      | 176    | ALEX       | GÓMEZ LAJC | SNM-8     | 00:27:54   | 00:03:30 | 00:27:47    | 00:03:29   | 00:13:51 |          |                                       | CATOIRA     |
| 17     |      | 60     | JESÚS FERN | SAINZ TRES | SNM-9     | 00:27:59   | 00:03:30 | 00:27:57    | 00:03:30   | 00:13:57 |          | Club atletismc PINO (O)               |             |
| 18     |      | 62     | FERNANDO   | VÁZQUEZ AF | MASBM-2   | 00:28:02   | 00:03:31 | 00:27:57    | 00:03:30   | 00:13:53 |          | Club atletismc CULLEREDO              |             |
| 19     |      | 52     | ARTURO     | MATA CAST  | SNM-10    | 00:28:10   | 00:03:32 | 00:28:07    | 00:03:31   | 00:14:05 |          | Club Atletismc SANTIAGO DE COMPOSTELA |             |
| 20     |      | 53     | MODESTO    | ROUCO ALM  | SNM-11    | 00:28:13   | 00:03:32 | 00:28:08    | 00:03:31   | 00:14:07 |          | Club Atletismc AMES                   |             |
| 21     |      | 133    | NICOLÁS    | MARÍN MOLL | SNM-12    | 00:28:21   | 00:03:33 | 00:28:19    | 00:03:33   | 00:13:38 |          | Triatlón Vilag VILAGARCÍA DE AROUSA   |             |
| 22     |      | 44     | FRAN       | OVIEDO BOL | MASAM-6   | 00:28:26   | 00:03:34 | 00:28:24    | 00:03:33   | 00:13:59 |          | Club atletismc NOIA                   |             |
| 23     |      | 7      | JACOBO     | CREGO FER  | MASAM-7   | 00:28:37   | 00:03:35 | 00:28:35    | 00:03:35   | 00:13:52 |          | Triatlon Inforh TEO                   |             |
| 24     |      | 73     | ANGEL      | FAGILDE FA | MASBM-3   | 00:28:41   | 00:03:36 | 00:28:39    | 00:03:35   | 00:14:17 |          | Club Triatlón (SANTIAGO DE COMPOSTELA |             |
| 25     |      | 2      | MANUEL OLI | PÉREZ LÓPE | MASBM-4   | 00:28:44   | 00:03:36 | 00:28:40    | 00:03:35   | 00:14:05 |          | Club atletismc CULLEREDO              |             |
| 26     |      | 63     | ALEXANDRE  | FERNÁNDEZ  | SNM-13    | 00:28:45   | 00:03:36 | 00:28:42    | 00:03:36   | 00:14:22 |          | Club Atletismc VAL DO DUBRA           |             |
| 27     |      | 92     | JORGE      | OTERO LOPE | MASAM-8   | 00:28:59   | 00:03:38 | 00:28:46    | 00:03:36   | 00:14:12 |          | Marjaritos Te AMES                    |             |
| 28     |      | 50     | XOSÉ ANTÓ  | BARREIRO P | MASBM-5   | 00:29:00   | 00:03:38 | 00:28:56    | 00:03:37   | 00:14:21 |          | Club atletismc SANTIAGO DE COMPOSTELA |             |
| 29     |      | 45     | ALEJANDRO  | COUSELO FE | S18M-3    | 00:29:11   | 00:03:39 | 00:29:06    | 00:03:39   | 00:14:36 |          | Club Atletismc ORDES                  |             |
| 30     |      | 35     | EROS MARTÍ | CANEDA DE  | MASAM-9   | 00:29:14   | 00:03:40 | 00:29:10    | 00:03:39   | 00:14:30 |          | Club Atletismc GROVE (O)              |             |
| 31     |      | 36     | SANTIAGO   | FALCÓN PÉF | MASCM-1   | 00:29:20   | 00:03:40 | 00:29:15    | 00:03:40   | 00:14:21 |          | Club Atletismc GROVE (O)              |             |
| 32     |      | 220    | ENRIQUE    | MUIÑOS REY | MASBM-6   | 00:29:26   | 00:03:41 | 00:29:21    | 00:03:41   | 00:14:15 |          | Serres runner NOIA                    |             |
| 33     |      | 74     | XAVIER     | FAGILDE SA | S18M-4    | 00:29:30   | 00:03:42 | 00:29:25    | 00:03:41   | 00:14:36 |          | Club Triatlón (SANTIAGO DE COMPOSTELA |             |
| 34     |      | 56     | JUAN CARLC | FERNÁNDEZ  | MASCM-2   | 00:29:34   | 00:03:42 | 00:29:30    | 00:03:42   | 00:14:32 |          | Club atletismc MUROS                  |             |
| 35     |      | 186    | ADRIAN     | MASCATO    | SNM-14    | 00:29:47   | 00:03:44 | 00:29:43    | 00:03:43   | 00:14:56 |          |                                       | GROVE (O)   |
| 36     |      | 221    | JOSE LUJIS | GONZALEZ N | MASAM-10  | 00:29:58   | 00:03:45 | 00:29:51    | 00:03:44   | 00:14:45 |          |                                       | TEO         |
| 37     |      | 82     | DAVID      | VÁZQUEZ TE | SNM-15    | 00:29:59   | 00:03:45 | 00:29:50    | 00:03:44   | 00:15:07 |          | CLUB TRIATI NOIA                      |             |
| 38     |      | 125    | JORGE MANI | GARCIA ROE | MASBM-7   | 00:30:04   | 00:03:46 | 00:30:01    | 00:03:46   | 00:14:44 |          | Superfresh SANTIAGO DE COMPOSTELA     |             |
| 39     |      | 132    | KEVIN      | WALDOMAR   | SNM-16    | 00:30:06   | 00:03:46 | 00:30:04    | 00:03:46   | 00:15:03 |          | Triatlon Rianx RIANXO                 |             |
| 40     |      | 116    | CRISTIAN   | MOGO CAST  | SNM-17    | 00:30:07   | 00:03:46 | 00:29:56    | 00:03:45   | 00:15:04 |          | SD COMPOS VEDRA                       |             |
| 41     |      | 118    | FERNANDO   | SESAR SEG/ | MASBM-8   | 00:30:09   | 00:03:47 | 00:29:58    | 00:03:45   | 00:14:55 |          | SD COMPOS SANTIAGO DE COMPOSTELA      |             |
| 42     |      | 79     | ROQUE      | MONTERO D  | S18M-5    | 00:30:18   | 00:03:48 | 00:30:12    | 00:03:47   | 00:14:38 |          | Club Triatlón (SANTIAGO DE COMPOSTELA |             |
| 43     |      | 113    | JOSE ANTON | FERNÁNDEZ  | MASBM-9   | 00:30:20   | 00:03:48 | 00:30:10    | 00:03:47   | 00:15:07 |          | SD COMPOS ARTEIXO                     |             |
| 44     |      | 190    | JOSE MANUE | MIRANDA VI | MASBM-10  | 00:30:29   | 00:03:49 | 00:30:20    | 00:03:48   | 00:15:10 |          |                                       | PORRIÑO (O) |
| 45     |      | 172    | MIGUEL     | GARCÍA MAF | SNM-18    | 00:30:30   | 00:03:49 | 00:30:25    | 00:03:49   | 00:14:46 |          |                                       | MONFERO     |
| 46     |      | 213    | DAMIÁN     | SUSAVILA R | MASAM-11  | 00:30:46   | 00:03:51 | 00:30:25    | 00:03:49   | 00:15:27 |          |                                       | VALGA       |
| 47     |      | 171    | DANIEL     | GARCIA CAR | SNM-19    | 00:31:02   | 00:03:53 | 00:30:56    | 00:03:52   | 00:15:13 |          |                                       | SOUTOMAIOR  |
| 48     |      | 163    | PABLO      | FERNÁNDEZ  | SNM-20    | 00:31:04   | 00:03:53 | 00:30:51    | 00:03:52   | 00:15:28 |          |                                       | CORUÑA (A)  |
| 49     |      | 102    | DAVID      | PÉREZ CAST | MASAM-12  | 00:31:08   | 00:03:54 | 00:31:01    | 00:03:53   | 00:15:29 |          | Noitebra FC SANTIAGO DE COMPOSTELA    |             |
| 50     |      | 120    | LAUREANO   | VARELA ALV | MASBM-11  | 00:31:22   | 00:03:56 | 00:31:12    | 00:03:54   | 00:15:36 |          | SD COMPOS SANTIAGO DE COMPOSTELA      |             |
| 51     |      | 34     | BASILIO    | CAMIÑA UCH | MASAM-13  | 00:31:28   | 00:03:56 | 00:31:22    | 00:03:56   | 00:15:22 |          | Club Atletismc SANXENXO               |             |
| 52     |      | 43     | JUAN       | MAYO BALDI | MASBM-12  | 00:31:38   | 00:03:58 | 00:31:29    | 00:03:57   | 00:15:57 |          | Club atletismc NOIA                   |             |
| 53     |      | 127    | DANIEL     | BARDANCA / | SNM-21    | 00:31:40   | 00:03:58 | 00:31:20    | 00:03:55   | 00:15:53 |          | Triatlon costa ZAS                    |             |
| 54     |      | 180    | RAÚL       | HERRERO M  | MASBM-13  | 00:31:42   | 00:03:58 | 00:31:34    | 00:03:57   | 00:15:51 |          |                                       | VALGA       |

|     |     |            |             |            |          |          |          |          |          |                                        |
|-----|-----|------------|-------------|------------|----------|----------|----------|----------|----------|----------------------------------------|
| 55  | 140 | URBANO     | ÁLVAREZ CA  | MASBM-14   | 00:31:42 | 00:03:58 | 00:31:28 | 00:03:56 | 00:15:51 | PADRÓN                                 |
| 56  | 46  | FRANCISCO  | CUENCA GAI  | MASAM-14   | 00:31:44 | 00:03:58 | 00:31:40 | 00:03:58 | 00:15:30 | Club Atletismc TEO                     |
| 57  | 59  | RAMIRO     | PÉREZ PERE  | MASCM-3    | 00:31:49 | 00:03:59 | 00:31:40 | 00:03:58 | 00:16:04 | Club atletismc TEO                     |
| 58  | 84  | RUBÉN      | VILA SIEIRA | MASBM-15   | 00:31:50 | 00:03:59 | 00:31:43 | 00:03:58 | 00:16:00 | Egovarros BOIRO                        |
| 59  | 31  | ÓSCAR      | FUENTES MC  | MASAM-15   | 00:31:54 | 00:04:00 | 00:31:48 | 00:03:59 | 00:16:01 | CDM Xesteira PONTECESURES              |
| 60  | 64  | FERNANDO   | GUTIÉRREZ   | MASAM-16   | 00:32:04 | 00:04:01 | 00:31:52 | 00:03:59 | 00:16:04 | Club Atletismc OROSO                   |
| 61  | 109 | RAMÓN      | PIÑERO LAM  | MASAM-17   | 00:32:08 | 00:04:01 | 00:32:02 | 00:04:01 | 00:16:00 | S.D. Barbantiç BOIRO                   |
| 62  | 98  | SUSO       | QUINTELA V  | MASBM-16   | 00:32:15 | 00:04:02 | 00:32:05 | 00:04:01 | 00:15:42 | Noitebra FC AMES                       |
| 63  | 81  | MANUEL JOF | TORRES BAL  | MASCM-4    | 00:32:18 | 00:04:03 | 00:32:07 | 00:04:01 | 00:16:25 | Club Triatlón ( SANTIAGO DE COMPOSTELA |
| 64  | 203 | MANUEL     | RIVADULLA F | SNM-22     | 00:32:18 | 00:04:03 | 00:32:13 | 00:04:02 | 00:15:29 | PONTECESURES                           |
| 65  | 65  | BRAIS      | PÉREZ FERN  | SNM-23     | 00:32:21 | 00:04:03 | 00:32:18 | 00:04:03 | 00:14:39 | Club Atletismc AMES                    |
| 66  | 151 | JUAN LUIS  | CARBIA MEN  | MASBM-17   | 00:32:23 | 00:04:03 | 00:32:16 | 00:04:02 | 00:16:06 | PONTECESURES                           |
| 67  | 189 | JAVIER     | MIGUENS M   | MASAM-18   | 00:32:47 | 00:04:06 | 00:32:31 | 00:04:04 | 00:16:36 | ESTRADA (A)                            |
| 68  | 20  | JOSE       | BUSTO RIAL  | SNM-24     | 00:32:57 | 00:04:08 | 00:32:37 | 00:04:05 | 00:16:08 | Club atletismc CABANA DE BERGANTIÑOS   |
| 69  | 12  | MANUEL     | BARROS BA   | MASBM-18   | 00:33:01 | 00:04:08 | 00:32:53 | 00:04:07 | 00:16:13 | Atletismo +9 I BARRO                   |
| 70  | 121 | PISY       | CANDAMO F   | MASCM-5    | 00:33:03 | 00:04:08 | 00:32:56 | 00:04:07 | 00:16:22 | Serres runner MUROS                    |
| 71  | 143 | PEPE       | BARREIRO B  | MASCM-6    | 00:33:04 | 00:04:08 | 00:32:58 | 00:04:08 | 00:16:22 | PONTECESURES                           |
| 72  | 106 | RAFAEL     | HERNÁNDEZ   | MASBM-19   | 00:33:12 | 00:04:09 | 00:32:59 | 00:04:08 | 00:16:51 | S.D. Barbantiç BOIRO                   |
| 73  | 207 | FERMÍN     | SALGADO L   | C MASBM-20 | 00:33:19 | 00:04:10 | 00:33:08 | 00:04:09 | 00:16:44 | PONTECESURES                           |
| 74  | 75  | GABRIEL    | NOGUEIRA N  | MASAM-19   | 00:33:20 | 00:04:10 | 00:33:11 | 00:04:09 | 00:16:25 | Club Triatlón ( MELIDE                 |
| 75  | 107 | JAVIER     | MONTANÉ L   | MASBM-21   | 00:33:22 | 00:04:11 | 00:33:04 | 00:04:08 | 00:16:51 | S.D. Barbantiç BOIRO                   |
| 76  | 144 | PABLO      | BARREIRO R  | SNM-25     | 00:33:26 | 00:04:11 | 00:33:19 | 00:04:10 | 00:16:22 | PONTECESURES                           |
| 77  | 212 | BRAIS      | SEOANE CE   | MASAM-20   | 00:33:46 | 00:04:14 | 00:33:37 | 00:04:13 | 00:16:17 | SANTIAGO DE COMPOSTELA                 |
| 78  | 145 | DIEGO      | BELLO GRAI  | MASAM-21   | 00:33:49 | 00:04:14 | 00:33:16 | 00:04:10 | 00:17:03 | NEGREIRA                               |
| 79  | 25  | ROBERTO    | CID SANMAR  | MASBM-22   | 00:33:54 | 00:04:15 | 00:33:49 | 00:04:14 | 00:16:16 | Brutanzos Te OLEIROS                   |
| 80  | 136 | ANXO       | VIDAL ABAL  | MASBM-23   | 00:34:01 | 00:04:16 | 00:33:51 | 00:04:14 | 00:16:15 | TRIBU TRAIL RIANXO                     |
| 81  | 55  | RAMÓN      | CANOSA CA   | MASBM-24   | 00:34:02 | 00:04:16 | 00:33:58 | 00:04:15 | 00:17:06 | Club atletismc CEE                     |
| 82  | 129 | ISMAEL     | GIL FERNÁN  | MASBM-25   | 00:34:05 | 00:04:16 | 00:33:58 | 00:04:15 | 00:16:52 | Triatlon Rianx BOIRO                   |
| 83  | 122 | JAVIER     | GONZALEZ    | SNM-26     | 00:34:10 | 00:04:17 | 00:33:59 | 00:04:15 | 00:17:06 | Serres runner MUROS                    |
| 84  | 16  | ENRIQUE    | MARTINEZ G  | MASBM-26   | 00:34:13 | 00:04:17 | 00:34:05 | 00:04:16 | 00:17:09 | Atletismo +9 I VILAGARCÍA DE AROUSA    |
| 85  | 162 | CHEMA      | FERNANDEZ   | MASCM-7    | 00:34:28 | 00:04:19 | 00:34:07 | 00:04:16 | 00:17:12 | VILAGARCÍA DE AROUSA                   |
| 86  | 142 | MIGUEL     | BARREIRO B  | MASAM-22   | 00:34:34 | 00:04:20 | 00:34:28 | 00:04:19 | 00:17:04 | PONTECESURES                           |
| 87  | 202 | MARCOS     | RÍOS MIGUE  | SNM-27     | 00:34:46 | 00:04:21 | 00:34:25 | 00:04:19 | 00:17:23 | TEO                                    |
| 88  | 114 | MARCOS     | FONTANS SE  | MASBM-27   | 00:34:53 | 00:04:22 | 00:34:37 | 00:04:20 | 00:17:48 | SD COMPOS VALGA                        |
| 89  | 222 | CRISTIAN   | ZAS SANDE   | MASAM-23   | 00:35:10 | 00:04:24 | 00:35:00 | 00:04:23 | 00:17:27 | SANTIAGO                               |
| 90  | 178 | MANUEL     | GONZÁLEZ E  | SNM-28     | 00:35:12 | 00:04:24 | 00:34:58 | 00:04:23 | 00:17:51 | ROIS                                   |
| 91  | 3   | FRANCISCO  | SANMARCO    | MASCM-8    | 00:35:15 | 00:04:25 | 00:35:03 | 00:04:23 | 00:17:20 | Club atletismc PONTECESURES            |
| 92  | 57  | ELOY       | IGLESIAS CR | MASCM-9    | 00:35:15 | 00:04:25 | 00:35:03 | 00:04:23 | 00:17:20 | Club atletismc VALGA                   |
| 93  | 112 | MANUEL     | CASTIÑEIRA  | MASBM-28   | 00:35:25 | 00:04:26 | 00:35:16 | 00:04:25 | 00:16:08 | SD COMPOS SANTIAGO DE COMPOSTELA       |
| 94  | 94  | JAIRO      | FONTENLA E  | MASAM-24   | 00:35:29 | 00:04:27 | 00:35:16 | 00:04:25 | 00:17:36 | Moraña en RI MORAÑA                    |
| 95  | 104 | CARLOS     | MARTINS RE  | MASBM-29   | 00:35:42 | 00:04:28 | 00:35:26 | 00:04:26 | 00:18:12 | PROSIMA CA ESTRADA (A)                 |
| 96  | 147 | ÁNGEL      | BLANCO VÁZ  | MASAM-25   | 00:35:44 | 00:04:28 | 00:35:22 | 00:04:26 | 00:17:44 | CORUÑA (A)                             |
| 97  | 182 | BARRY      | LYNCH       | MASBM-30   | 00:35:48 | 00:04:29 | 00:35:25 | 00:04:26 | 00:17:44 | VILLAGARCÍA DE AROSA                   |
| 98  | 110 | DIEGO      | GARCIA LOR  | MASAM-26   | 00:35:52 | 00:04:29 | 00:35:33 | 00:04:27 | 00:18:06 | S.D. Barbantiç RIANXO                  |
| 99  | 8   | MANUEL     | FONTENLA N  | MASCM-10   | 00:36:16 | 00:04:32 | 00:36:00 | 00:04:30 | 00:17:52 | Aceadama - T CORUÑA (A)                |
| 100 | 173 | ANDRÉS     | GARCÍA PAR  | MASBM-31   | 00:36:25 | 00:04:34 | 00:36:10 | 00:04:32 | 00:18:03 | PONTECESURES                           |
| 101 | 126 | RUBEN      | MUÑIZ FERN  | SNM-29     | 00:36:36 | 00:04:35 | 00:36:26 | 00:04:34 | 00:17:57 | Triatleiros NOIA                       |
| 102 | 216 | CARLOS     | VALLE ALON  | MASAM-27   | 00:36:36 | 00:04:35 | 00:36:17 | 00:04:33 | 00:18:45 | AMES                                   |
| 103 | 179 | LUCAS      | HERMO BAR   | SNM-30     | 00:36:38 | 00:04:35 | 00:36:18 | 00:04:33 | 00:18:20 | PONTECESURES                           |
| 104 | 214 | MARTIN     | TEIJEIRO EN | MASAM-28   | 00:36:44 | 00:04:36 | 00:36:29 | 00:04:34 | 00:18:03 | PONTECESURES                           |
| 105 | 211 | BRAIS      | SENIN LOPE  | SNM-31     | 00:36:54 | 00:04:37 | 00:36:36 | 00:04:35 | 00:18:42 | RIANXO                                 |
| 106 | 135 | MIGUEL     | VELAY REY   | MASAM-29   | 00:36:57 | 00:04:38 | 00:36:38 | 00:04:35 | 00:18:46 | TRIBU TRAIL PONTECESURES               |
| 107 | 17  | JAVIER     | MARTIÑÁN C  | MASCM-11   | 00:37:04 | 00:04:38 | 00:36:57 | 00:04:38 | 00:18:16 | Atletismo +9 I AMES                    |
| 108 | 150 | LUIS       | CALVO CALV  | MASCM-12   | 00:37:21 | 00:04:41 | 00:37:08 | 00:04:39 | 00:18:31 | BOIRO                                  |
| 109 | 198 | ÁNGEL      | PÉREZ SUS   | MASCM-13   | 00:37:22 | 00:04:41 | 00:37:08 | 00:04:39 | 00:18:31 | DODRO                                  |
| 110 | 15  | ALEJANDRO  | GARCÍA LOS  | SNM-32     | 00:37:25 | 00:04:41 | 00:37:04 | 00:04:38 | 00:18:46 | Atletismo +9 I PADRÓN                  |
| 111 | 156 | BORJA      | DOPAZO FEF  | SNM-33     | 00:37:39 | 00:04:43 | 00:37:25 | 00:04:41 | 00:18:48 | PONTECESURES                           |
| 112 | 111 | IGNACIO    | BELTRÁ GAF  | SNM-34     | 00:37:44 | 00:04:43 | 00:37:32 | 00:04:42 | 00:18:57 | SD COMPOS SANTIAGO DE COMPOSTELA       |
| 113 | 191 | JESUS RAMC | MONTOUTO    | SNM-35     | 00:37:53 | 00:04:45 | 00:37:31 | 00:04:42 | 00:18:51 | ESTRADA (A)                            |
| 114 | 14  | ANTONIO    | FLORES SAN  | MASAM-30   | 00:37:55 | 00:04:45 | 00:37:46 | 00:04:44 | 00:18:39 | Atletismo +9 I BARRO                   |
| 115 | 99  | JESUS      | PEREZ BALIF | MASCM-14   | 00:38:20 | 00:04:48 | 00:38:07 | 00:04:46 | 00:19:06 | Noitebra FC SANTIAGO DE COMPOSTELA     |
| 116 | 1   | FERNANDO   | SAINZ GARC  | MASCM-15   | 00:38:33 | 00:04:50 | 00:38:28 | 00:04:49 | 00:18:45 | Club atletismc AMES                    |

|     |     |             |             |            |          |          |          |          |          |                 |                                      |
|-----|-----|-------------|-------------|------------|----------|----------|----------|----------|----------|-----------------|--------------------------------------|
| 117 | 138 | JULIO ALBEF | ALDREY BAC  | MASBM-32   | 00:38:40 | 00:04:50 | 00:38:08 | 00:04:46 | 00:19:11 |                 | SANTIAGO DE COMPOSTELA               |
| 118 | 215 | IGNACIO     | TORRES GO   | S18M-6     | 00:38:45 | 00:04:51 | 00:38:32 | 00:04:49 | 00:18:55 |                 | CAMBADOS                             |
| 119 | 205 | ÁNGEL       | RODRÍGUEZ   | MASAM-31   | 00:38:47 | 00:04:51 | 00:38:23 | 00:04:48 | 00:19:31 |                 | TEO                                  |
| 120 | 217 | LUCAS       | VÁZQUEZ CC  | S18M-7     | 00:38:48 | 00:04:51 | 00:38:44 | 00:04:51 | 00:19:08 |                 | RIANXO                               |
| 121 | 70  | AMADOR      | REBORDA     | ( MASCM-16 | 00:38:55 | 00:04:52 | 00:38:34 | 00:04:50 | 00:19:19 |                 | CLUB DEPOF REDONDELA                 |
| 122 | 200 | ENRIQUE     | REFOJO FEF  | SNM-36     | 00:39:00 | 00:04:53 | 00:38:40 | 00:04:50 | 00:20:07 |                 | VALGA                                |
| 123 | 141 | PABLO       | BARRAL BAF  | MASBM-33   | 00:39:02 | 00:04:53 | 00:38:52 | 00:04:52 | 00:18:17 |                 | VIGO                                 |
| 124 | 158 | AHMED       | ELSEICY     | MASAM-32   | 00:39:09 | 00:04:54 | 00:38:38 | 00:04:50 | 00:19:53 |                 | VIGO                                 |
| 125 | 72  | JOEL        | ROMERO      | S18M-8     | 00:39:20 | 00:04:55 | 00:39:15 | 00:04:55 | 00:17:40 |                 | CLUB NAUTII DODRO                    |
| 126 | 28  | MARIO       | OTERO DÍAZ  | MASBM-34   | 00:39:20 | 00:04:55 | 00:38:56 | 00:04:52 | 00:19:47 |                 | C.D. Ría de A SANTIAGO DE COMPOSTELA |
| 127 | 91  | FERNANDO    | AGRA SOTO   | MASBM-35   | 00:39:20 | 00:04:55 | 00:39:04 | 00:04:53 | 00:19:42 |                 | ESTRADA (A)                          |
| 128 | 177 | JOSE        | GOMEZ VIAÑ  | MASCM-17   | 00:39:24 | 00:04:56 | 00:39:04 | 00:04:53 | 00:19:38 |                 | AMES                                 |
| 129 | 199 | JONATAN     | PIÑEIRO VIL | SNM-37     | 00:39:28 | 00:04:56 | 00:39:08 | 00:04:54 | 00:19:56 |                 | PONTECESURES                         |
| 130 | 101 | JOSE ANTON  | GIL BREA    | MASCM-18   | 00:39:34 | 00:04:57 | 00:39:18 | 00:04:55 | 00:19:49 | Noitebra FC     | SANTIAGO DE COMPOSTELA               |
| 131 | 164 | JOSÉ CARLC  | FERNÁNDEZ   | SNM-38     | 00:39:34 | 00:04:57 | 00:39:19 | 00:04:55 | 00:19:44 |                 | CHANTADA                             |
| 132 | 174 | SAMUEL      | GIL CALDEL  | SNM-39     | 00:39:43 | 00:04:58 | 00:39:22 | 00:04:56 | 00:20:07 |                 | VALGA                                |
| 133 | 146 | JOSÉ ANTON  | BLANCO BAF  | MASCM-19   | 00:40:14 | 00:05:02 | 00:39:56 | 00:05:00 | 00:20:17 |                 | SANTIAGO DE COMPOSTELA               |
| 134 | 181 | CARLOS      | LOPEZ PLAT  | MASBM-36   | 00:40:18 | 00:05:03 | 00:40:11 | 00:05:02 | 00:19:46 |                 | PINO (O)                             |
| 135 | 40  | JESÚS       | PÉREZ GARC  | MASCM-20   | 00:40:33 | 00:05:05 | 00:40:10 | 00:05:02 | 00:20:51 | Club Atletismc  | GROVE (O)                            |
| 136 | 71  | IAN         | JAMARDO JA  | S18M-9     | 00:40:41 | 00:05:06 | 00:40:35 | 00:05:05 | 00:18:33 | CLUB NAUTII     | VALGA                                |
| 137 | 196 | JOSE        | PENA FRANC  | MASCM-21   | 00:41:03 | 00:05:08 | 00:40:40 | 00:05:05 | 00:20:31 |                 | RIBEIRA                              |
| 138 | 206 | MARCOS      | ROZAS VÁZC  | SNM-40     | 00:41:42 | 00:05:13 | 00:41:19 | 00:05:10 | 00:20:49 |                 | AMES                                 |
| 139 | 23  | PABLO       | BLANCO CAL  | SNM-41     | 00:41:53 | 00:05:15 | 00:41:40 | 00:05:13 | 00:20:41 | Barbanza Rur    | BOIRO                                |
| 140 | 37  | JOSE        | GOMEZ BIOC  | MASCM-22   | 00:42:02 | 00:05:16 | 00:41:40 | 00:05:13 | 00:21:49 | Club Atletismc  | CAMBADOS                             |
| 141 | 192 | PABLO       | MUÑOZ VAZ   | SNM-42     | 00:42:21 | 00:05:18 | 00:41:58 | 00:05:15 | 00:20:53 |                 | AMES                                 |
| 142 | 195 | CARLOS      | PAMPÍN BOA  | MASCM-23   | 00:43:18 | 00:05:25 | 00:42:56 | 00:05:22 | 00:21:51 |                 | VILA DE CRUCES                       |
| 143 | 117 | FERNANDO    | REY ALBARE  | MASBM-37   | 00:43:18 | 00:05:25 | 00:42:57 | 00:05:23 | 00:22:28 | SD COMPOS       | SANTIAGO DE COMPOSTELA               |
| 144 | 165 | JULIÁN      | FERNÁNDEZ   | SNM-43     | 00:43:45 | 00:05:29 | 00:43:32 | 00:05:27 | 00:20:52 |                 | ROIS                                 |
| 145 | 166 | ALEJANDRO   | FERREIRO A  | SNM-44     | 00:43:45 | 00:05:29 | 00:43:20 | 00:05:25 | 00:21:39 |                 | LOUSAME                              |
| 146 | 90  | PAKINHO     | MARTINEZ G  | MASBM-38   | 00:43:56 | 00:05:30 | 00:43:29 | 00:05:27 | 00:22:06 | gallaecia jaste | VIGO                                 |
| 147 | 157 | PABLO       | DOSIL ROSE  | MASBM-39   | 00:44:14 | 00:05:32 | 00:43:51 | 00:05:29 | 00:21:31 |                 | VILAGARCÍA DE AROUSA                 |
| 148 | 208 | JOSE RAMOI  | SANCHEZ LC  | MASBM-40   | 00:44:14 | 00:05:32 | 00:43:51 | 00:05:29 | 00:21:30 |                 | JAÉN                                 |
| 149 | 193 | DANIEL      | OTERO CEPI  | MASCM-24   | 00:44:36 | 00:05:35 | 00:44:13 | 00:05:32 | 00:22:04 |                 | SANTIAGO DE COMPOSTELA               |
| 150 | 167 | LORENZO     | FERREIRO P  | SNM-45     | 00:45:08 | 00:05:39 | 00:44:40 | 00:05:35 | 00:22:23 |                 | SANTIAGO DE COMPOSTELA               |
| 151 | 197 | FRANCISCO   | PEREZ PERE  | MASAM-33   | 00:45:09 | 00:05:39 | 00:44:40 | 00:05:35 | 00:22:21 |                 | ROIS                                 |
| 152 | 194 | BENITO ISID | PADIN       | MASBM-41   | 00:45:41 | 00:05:43 | 00:45:16 | 00:05:40 | 00:22:34 |                 | CAMBADOS                             |
| 153 | 88  | JUAN        | UCHA SOLL   | MASBM-42   | 00:46:05 | 00:05:46 | 00:45:55 | 00:05:45 | 00:22:57 | FENDE-PERI      | POIO                                 |
| 154 | 89  | FERNANDO    | CAMPOS MU   | MASCM-25   | 00:46:05 | 00:05:46 | 00:45:51 | 00:05:44 | 00:22:55 | F-P TEAM        | PONTEVEDRA                           |
| DNF | 77  | MARTÍN      | CASAL MOU   | SNM-0      |          |          |          |          | 00:15:52 | Club Triatlón   | (SANTIAGO DE COMPOSTELA              |
| DNF | 103 | ÓSCAR       | GARCÍA GÓN  | SNM-0      |          |          |          |          | 00:20:58 | Odegard         | VALGA                                |
| DNF | 149 | ISAAC       | BRAGAÑA B   | SNM-0      |          |          |          |          | 00:19:14 |                 | VALGA                                |
| DNS | 9   | ALEJANDRO   | SEGADE FU   | SNM-0      |          |          |          |          |          | Alejandro Seg   | CALDAS DE REIS                       |
| DNS | 42  | MAXIMINO    | LIMENS PRA  | MASCM-0    |          |          |          |          |          | Club Atletismc  | NEGREIRA                             |
| DNS | 51  | OSCAR       | FIGUEIRAS T | MASBM-0    |          |          |          |          |          | Club atletismc  | MUROS                                |
| DNS | 67  | ALBERTO     | CAMINO PRE  | MASAM-0    |          |          |          |          |          | CLUB DEPOF      | MARÍN                                |
| DNS | 68  | OSCAR       | GARCÍA GAR  | MASBM-0    |          |          |          |          |          | CLUB DEPOF      | VIGO                                 |
| DNS | 85  | JESUS       | REY LAGO    | MASAM-0    |          |          |          |          |          | Familia         | TOURO                                |
| DNS | 86  | JAVIER      | UCHA        | SNM-0      |          |          |          |          |          | FENDE-PERI      | SANXENXO                             |
| DNS | 87  | JAVIER      | UCHA SOLL   | MASBM-0    |          |          |          |          |          | FENDE-PERI      | POIO                                 |
| DNS | 105 | RICARDO     | ALONSO FEF  | MASBM-0    |          |          |          |          |          | Running Artei   | VERÍN                                |
| DNS | 124 | UXIO        | RIAL RODRIC | MASAM-0    |          |          |          |          |          | Speedcross T    | PONTECESURES                         |
| DNS | 134 | FRANCISCO   | REY PADIN   | MASBM-0    |          |          |          |          |          | Triatlón Vilag  | VILAGARCÍA DE AROUSA                 |
| DNS | 152 | CÉSAR       | CREO FERN   | SNM-0      |          |          |          |          |          |                 | RIANXO                               |
| DNS | 184 | MARCIAL DE  | MARTÍN VÁZ  | MASCM-0    |          |          |          |          |          |                 | SANTIAGO DE COMPOSTELA               |
| DNS | 209 | LUIS        | SANTIAGO C  | MASBM-0    |          |          |          |          |          |                 | VIGO                                 |
| DNS | 210 | BORJA       | SANTOS DIZ  | MASAM-0    |          |          |          |          |          |                 | PONTEVEDRA                           |

**Femenino**

| Puesto | Géne | Dorsal    | Nombre     | Apellidos | Categoría | T. Oficial | Ritmo    | Tiempo Neto | Ritmo Neto | T. KM 4  | Licencia | Club           | Localidad              |
|--------|------|-----------|------------|-----------|-----------|------------|----------|-------------|------------|----------|----------|----------------|------------------------|
| 1      | 19   | ANA MARÍA | SANTISO PR | SNF-1     |           | 00:30:33   | 00:03:50 | 00:30:31    | 00:03:49   | 00:14:53 |          | Atletismo Nar  | TEO                    |
| 2      | 119  | LUCIA     | TABOADA CC | S18F-1    |           | 00:32:13   | 00:04:02 | 00:32:09    | 00:04:02   | 00:15:40 |          | SD COMPOS      | SANTIAGO DE COMPOSTELA |
| 3      | 123  | ANA       | MARTÍNEZ M | MASAF-1   |           | 00:32:28   | 00:04:04 | 00:32:25    | 00:04:04   | 00:16:07 |          | Serres runner  | MUROS                  |
| 4      | 38   | NOELIA    | NOGUEIRA V | SNF-2     |           | 00:33:29   | 00:04:12 | 00:33:23    | 00:04:11   | 00:16:27 |          | Club Atletismc | GROVE (O)              |

|     |                 |             |          |          |          |          |          |          |               |   |                        |
|-----|-----------------|-------------|----------|----------|----------|----------|----------|----------|---------------|---|------------------------|
| 5   | 22 ELENA        | MIGUENS OT  | MASBF-1  | 00:33:50 | 00:04:14 | 00:33:45 | 00:04:14 | 00:16:45 | Club atletism | c | PADRÓN                 |
| 6   | 61 ANTIA        | SANMARCO    | SNF-3    | 00:35:54 | 00:04:30 | 00:35:46 | 00:04:29 | 00:17:45 | Club atletism | c | PONTECESURES           |
| 7   | 58 NADIA        | MRIMICHE M  | MASBF-2  | 00:36:03 | 00:04:31 | 00:35:47 | 00:04:29 | 00:18:05 | Club atletism | c | CULLEREDO              |
| 8   | 170 MARÍA DOLC  | GALEGO CA   | MASBF-3  | 00:36:09 | 00:04:32 | 00:35:58 | 00:04:30 | 00:17:55 |               |   | PONTEVEDRA             |
| 9   | 30 ERICA        | FERNÁNDEZ   | MASAF-2  | 00:36:41 | 00:04:36 | 00:36:35 | 00:04:35 | 00:17:51 | CDM Xesteira  |   | PONTECESURES           |
| 10  | 80 MARTA        | PÉREZ MASE  | SNF-4    | 00:37:02 | 00:04:38 | 00:36:54 | 00:04:37 | 00:18:16 | Club Triatlón |   | SANTIAGO DE COMPOSTELA |
| 11  | 13 GLORIA       | CAÑAMARES   | SNF-5    | 00:37:54 | 00:04:45 | 00:37:46 | 00:04:44 | 00:18:39 | Atletismo +9  |   | MORAÑA                 |
| 12  | 54 Nanci Vivian | CAAMAÑO L   | MASCF-1  | 00:38:03 | 00:04:46 | 00:37:51 | 00:04:44 | 00:18:50 | Club atletism | c | CULLEREDO              |
| 13  | 201 ALICIA      | REYES RODI  | SNF-6    | 00:38:10 | 00:04:47 | 00:37:49 | 00:04:44 | 00:19:01 |               |   | PONTEVEDRA             |
| 14  | 26 ALBA         | LÓPEZ SANM  | MASAF-3  | 00:38:23 | 00:04:48 | 00:38:05 | 00:04:46 | 00:19:22 | Brutanzos Te  |   | MIÑO                   |
| 15  | 159 LAURA       | FABEIRO FR  | S18F-2   | 00:38:48 | 00:04:51 | 00:38:44 | 00:04:51 | 00:19:10 |               |   | VALGA                  |
| 16  | 161 LUCIA       | FERNÁNDEZ   | SNF-7    | 00:38:56 | 00:04:52 | 00:38:30 | 00:04:49 | 00:19:45 |               |   | SANTIAGO DE COMPOSTELA |
| 17  | 33 SUSANA       | MIRÁS CARB  | MASAF-4  | 00:38:58 | 00:04:53 | 00:38:46 | 00:04:51 | 00:19:11 | CLUB DEPOF    |   | TEO                    |
| 18  | 83 NESTI        | PIÑEIRO SA  | MASBF-4  | 00:38:59 | 00:04:53 | 00:38:43 | 00:04:51 | 00:19:12 | Club Atletism | c | CAMBADOS               |
| 19  | 137 SONIA MARI  | AGRASAR B   | MASBF-5  | 00:39:25 | 00:04:56 | 00:39:14 | 00:04:55 | 00:19:37 |               |   | PADRÓN                 |
| 20  | 204 TAMARA      | RODRIGUEZ   | MASAF-5  | 00:39:32 | 00:04:57 | 00:39:24 | 00:04:56 | 00:19:16 |               |   | SANTIAGO DE COMPOSTELA |
| 21  | 155 CARMEN      | DIZ FERNÁN  | SNF-8    | 00:39:34 | 00:04:57 | 00:39:20 | 00:04:55 | 00:19:43 |               |   | PONTECESURES           |
| 22  | 187 MARTINA     | MELLA MON   | SNF-9    | 00:40:07 | 00:05:01 | 00:39:50 | 00:04:59 | 00:19:42 |               |   | VEDRA                  |
| 23  | 148 TANIA       | BOQUETE G   | MASAF-6  | 00:40:15 | 00:05:02 | 00:39:56 | 00:05:00 | 00:20:18 |               |   | NEGREIRA               |
| 24  | 154 CARLA       | DÍAZ LÓPEZ  | MASAF-7  | 00:40:18 | 00:05:03 | 00:40:12 | 00:05:02 | 00:19:48 |               |   | PINO (O)               |
| 25  | 175 CRISTINA    | GÓMEZ GÓN   | MASAF-8  | 00:40:53 | 00:05:07 | 00:40:46 | 00:05:06 | 00:19:51 |               |   | SOUTOMAIOR             |
| 26  | 11 PATRICIA     | ARGIZ PEITE | MASBF-6  | 00:41:01 | 00:05:08 | 00:40:48 | 00:05:06 | 00:20:01 | Atletismo +9  |   | MORAÑA                 |
| 27  | 66 NOELIA       | GARRIDO BE  | SNF-10   | 00:42:12 | 00:05:17 | 00:42:02 | 00:05:16 | 00:20:33 | CLUB DEPOF    |   | BRIÓN                  |
| 28  | 153 MARINA      | CUEVAS VID  | SNF-11   | 00:42:18 | 00:05:18 | 00:41:57 | 00:05:15 | 00:21:11 |               |   | PONTEVEDRA             |
| 29  | 160 PALOMA      | FÉLIX SOLLA | SNF-12   | 00:42:19 | 00:05:18 | 00:41:59 | 00:05:15 | 00:21:11 |               |   | PONTEVEDRA             |
| 30  | 10 MARÍA        | AGRELO COI  | MASBF-7  | 00:42:20 | 00:05:18 | 00:42:07 | 00:05:16 | 00:20:59 | Atletismo +9  |   | MORAÑA                 |
| 31  | 108 LORENA      | RIAL OTERO  | MASAF-9  | 00:42:28 | 00:05:19 | 00:42:10 | 00:05:17 | 00:21:12 | S.D. Barbanti |   | BOIRO                  |
| 32  | 18 EVIÑA        | NOGUEIRA E  | MASAF-10 | 00:42:49 | 00:05:22 | 00:42:20 | 00:05:18 | 00:21:44 | Atletismo A E |   | ESTRADA (A)            |
| 33  | 115 MIRIAM      | MIGUEZ NEC  | MASBF-8  | 00:43:18 | 00:05:25 | 00:42:56 | 00:05:22 | 00:22:28 | SD COMPOS     |   | SANTIAGO DE COMPOSTELA |
| 34  | 169 PATRICIA    | GAITEIRO ÁL | SNF-13   | 00:44:01 | 00:05:31 | 00:43:47 | 00:05:29 | 00:21:49 |               |   | ESTRADA (A)            |
| 35  | 183 SANDRA      | MANTEIGA R  | MASAF-11 | 00:44:25 | 00:05:34 | 00:43:59 | 00:05:30 | 00:21:50 |               |   | TEO                    |
| 36  | 27 LUPE         | VILAR SEREI | MASCF-2  | 00:45:03 | 00:05:38 | 00:44:47 | 00:05:36 | 00:22:26 | Club Atletism | c | CAMBADOS               |
| 37  | 218 JESSICA     | VIDAL GOME  | SNF-14   | 00:45:09 | 00:05:39 | 00:44:40 | 00:05:35 | 00:22:25 |               |   | BRIÓN                  |
| 38  | 96 ELSA         | LORENZO G   | SNF-15   | 00:45:41 | 00:05:43 | 00:45:32 | 00:05:42 | 00:22:34 | NM FITNESS    |   | VILAGARCÍA DE AROUSA   |
| 39  | 185 MARISA      | MARTINEZ F  | MASBF-9  | 00:46:05 | 00:05:46 | 00:45:50 | 00:05:44 | 00:22:57 |               |   | FUENLABRADA            |
| 40  | 219 MARIA SOLE  | VITORES LAI | MASBF-10 | 00:46:27 | 00:05:49 | 00:45:58 | 00:05:45 | 00:23:34 |               |   | TEO                    |
| 41  | 139 ELENA       | ALLER CODE  | MASAF-12 | 00:47:08 | 00:05:54 | 00:46:40 | 00:05:50 | 00:23:36 |               |   | ESTRADA (A)            |
| 42  | 49 ANA          | VÁZQUEZ FE  | MASCF-3  | 00:49:50 | 00:06:14 | 00:49:22 | 00:06:11 | 00:24:38 | Club Atletism | c | AMES                   |
| 43  | 95 SANDRA       | GONZALEZ    | MASAF-13 | 00:49:50 | 00:06:14 | 00:49:42 | 00:06:13 | 00:24:46 | NM FITNESS    |   | GROVE (O)              |
| DNF | 93 MARGA        | VILLAYERDE  | MASAF-0  |          |          |          |          | 00:17:56 | Marjaritos Te |   | POIO                   |
| DNS | 41 ANDREA       | ARIAS MATO  | SNF-0    |          |          |          |          |          | Atletismo A E |   | ESTRADA (A)            |
| DNS | 97 MARÍA        | ALFONSO     | SNF-0    |          |          |          |          |          | NM FITNESS    |   | GROVE (O)              |
| DNS | 100 SUSANA      | BUJÁN OTEF  | MASBF-0  |          |          |          |          |          | Noitebra FC   |   | SANTIAGO DE COMPOSTELA |
| DNS | 168 ANDREINA    | FIGUEIRA    | SNF-0    |          |          |          |          |          |               |   | CARACAS                |
| DNS | 188 LAURA       | MÉNDEZ BEI  | MASAF-0  |          |          |          |          |          |               |   | NARÓN                  |

Mixto

| Puesto | Géne | Dorsal | Nombre | Apellidos | Categoría | T. Oficial | Ritmo | Tiempo Neto | Ritmo Neto | T. KM 4 | Licencia | Club | Localidad |
|--------|------|--------|--------|-----------|-----------|------------|-------|-------------|------------|---------|----------|------|-----------|
|--------|------|--------|--------|-----------|-----------|------------|-------|-------------|------------|---------|----------|------|-----------|

## XXV CARREIRA POPULAR DE PONTECESURES 2026

ABSOLUTA 8K

Clasificación por Categorías

### SUB18 FEMENINA

| Puesto | Cat. | Dorsal | Nombre | Apellidos  | Sexo | T. Oficial | Ritmo    | Tiempo Neto | Ritmo Neto | T. KM 4  | Licencia | Club      | Localidad              |
|--------|------|--------|--------|------------|------|------------|----------|-------------|------------|----------|----------|-----------|------------------------|
| 1      |      | 119    | LUCIA  | TABOADA C  | F-2  | 00:32:13   | 00:04:02 | 00:32:09    | 00:04:02   | 00:15:40 |          | SD COMPOS | SANTIAGO DE COMPOSTELA |
| 2      |      | 159    | LAURA  | FABEIRO FR | F-15 | 00:38:48   | 00:04:51 | 00:38:44    | 00:04:51   | 00:19:10 |          |           | VALGA                  |

### SUB18 MASCULINA

| Puesto | Cat. | Dorsal | Nombre    | Apellidos  | Sexo  | T. Oficial | Ritmo    | Tiempo Neto | Ritmo Neto | T. KM 4  | Licencia | Club          | Localidad              |
|--------|------|--------|-----------|------------|-------|------------|----------|-------------|------------|----------|----------|---------------|------------------------|
| 1      |      | 48     | ADRIÁN    | SESA R     | M-8   | 00:27:06   | 00:03:24 | 00:27:04    | 00:03:23   | 00:12:57 |          | Club Atletism | SANTIAGO DE COMPOSTELA |
| 2      |      | 47     | IAGO      | MATEOS CAI | M-13  | 00:27:37   | 00:03:28 | 00:27:34    | 00:03:27   | 00:13:21 |          | Club Atletism | OROSO                  |
| 3      |      | 45     | ALEJANDRO | COUSELO FE | M-29  | 00:29:11   | 00:03:39 | 00:29:06    | 00:03:39   | 00:14:36 |          | Club Atletism | ORDES                  |
| 4      |      | 74     | XAVIER    | FAGILDE SA | M-33  | 00:29:30   | 00:03:42 | 00:29:25    | 00:03:41   | 00:14:36 |          | Club Triatlón | SANTIAGO DE COMPOSTELA |
| 5      |      | 79     | ROQUE     | MONTERO D  | M-42  | 00:30:18   | 00:03:48 | 00:30:12    | 00:03:47   | 00:14:38 |          | Club Triatlón | SANTIAGO DE COMPOSTELA |
| 6      |      | 215    | IGNACIO   | TORRES GO  | M-118 | 00:38:45   | 00:04:51 | 00:38:32    | 00:04:49   | 00:18:55 |          |               | CAMBADOS               |
| 7      |      | 217    | LUCAS     | VÁZQUEZ CC | M-120 | 00:38:48   | 00:04:51 | 00:38:44    | 00:04:51   | 00:19:08 |          |               | RIANXO                 |
| 8      |      | 72     | JOEL      | ROMERO     | M-125 | 00:39:20   | 00:04:55 | 00:39:15    | 00:04:55   | 00:17:40 |          | CLUB NAUTIC   | DODRO                  |
| 9      |      | 71     | IAN       | JAMARDO JA | M-136 | 00:40:41   | 00:05:06 | 00:40:35    | 00:05:05   | 00:18:33 |          | CLUB NAUTIC   | VALGA                  |

### SENIOR FEMENINA

| Puesto | Cat. | Dorsal | Nombre    | Apellidos   | Sexo | T. Oficial | Ritmo    | Tiempo Neto | Ritmo Neto | T. KM 4  | Licencia | Club          | Localidad              |
|--------|------|--------|-----------|-------------|------|------------|----------|-------------|------------|----------|----------|---------------|------------------------|
| 1      |      | 19     | ANA MARÍA | SANTISO PR  | F-1  | 00:30:33   | 00:03:50 | 00:30:31    | 00:03:49   | 00:14:53 |          | Atletismo Na  | TEO                    |
| 2      |      | 38     | NOELIA    | NOGUEIRA V  | F-4  | 00:33:29   | 00:04:12 | 00:33:23    | 00:04:11   | 00:16:27 |          | Club Atletism | GROVE (O)              |
| 3      |      | 61     | ANTIA     | SANMARCO    | F-6  | 00:35:54   | 00:04:30 | 00:35:46    | 00:04:29   | 00:17:45 |          | Club atletism | PONTECESURES           |
| 4      |      | 80     | MARTA     | PÉREZ MASE  | F-10 | 00:37:02   | 00:04:38 | 00:36:54    | 00:04:37   | 00:18:16 |          | Club Triatlón | SANTIAGO DE COMPOSTELA |
| 5      |      | 13     | GLORIA    | CAÑAMARES   | F-11 | 00:37:54   | 00:04:45 | 00:37:46    | 00:04:44   | 00:18:39 |          | Atletismo +9  | MORAÑA                 |
| 6      |      | 201    | ALICIA    | REYES RODR  | F-13 | 00:38:10   | 00:04:47 | 00:37:49    | 00:04:44   | 00:19:01 |          |               | PONTEVEDRA             |
| 7      |      | 161    | LUCIA     | FERNÁNDEZ   | F-16 | 00:38:56   | 00:04:52 | 00:38:30    | 00:04:49   | 00:19:45 |          |               | SANTIAGO DE COMPOSTELA |
| 8      |      | 155    | CARMEN    | DIZ FERNÁN  | F-21 | 00:39:34   | 00:04:57 | 00:39:20    | 00:04:55   | 00:19:43 |          |               | PONTECESURES           |
| 9      |      | 187    | MARTINA   | MELLA MON   | F-22 | 00:40:07   | 00:05:01 | 00:39:50    | 00:04:59   | 00:19:42 |          |               | VEDRA                  |
| 10     |      | 66     | NOELIA    | GARRIDO BE  | F-27 | 00:42:12   | 00:05:17 | 00:42:02    | 00:05:16   | 00:20:33 |          | CLUB DEPOF    | BRIÓN                  |
| 11     |      | 153    | MARINA    | CUEVAS VID  | F-28 | 00:42:18   | 00:05:18 | 00:41:57    | 00:05:15   | 00:21:11 |          |               | PONTEVEDRA             |
| 12     |      | 160    | PALOMA    | FÉLIX SOLLA | F-29 | 00:42:19   | 00:05:18 | 00:41:59    | 00:05:15   | 00:21:11 |          |               | PONTEVEDRA             |
| 13     |      | 169    | PATRICIA  | GAITEIRO Á  | F-34 | 00:44:01   | 00:05:31 | 00:43:47    | 00:05:29   | 00:21:49 |          |               | ESTRADA (A)            |
| 14     |      | 218    | JESSICA   | VIDAL GOME  | F-37 | 00:45:09   | 00:05:39 | 00:44:40    | 00:05:35   | 00:22:25 |          |               | BRIÓN                  |
| 15     |      | 96     | ELSA      | LORENZO G   | F-38 | 00:45:41   | 00:05:43 | 00:45:32    | 00:05:42   | 00:22:34 |          | NM FITNESS    | VILAGARCÍA DE AROUSA   |
| DNS    |      | 41     | ANDREA    | ARIAS MATO  | F-0  |            |          |             |            |          |          | Atletismo A E | ESTRADA (A)            |
| DNS    |      | 97     | MARÍA     | ALFONSO     | F-0  |            |          |             |            |          |          | NM FITNESS    | GROVE (O)              |
| DNS    |      | 168    | ANDREINA  | FIGUEIRA    | F-0  |            |          |             |            |          |          |               | CARACAS                |

### SENIOR MASCULINA

| Puesto | Cat. | Dorsal | Nombre     | Apellidos  | Sexo | T. Oficial | Ritmo    | Tiempo Neto | Ritmo Neto | T. KM 4  | Licencia | Club           | Localidad              |
|--------|------|--------|------------|------------|------|------------|----------|-------------|------------|----------|----------|----------------|------------------------|
| 1      |      | 69     | MANUEL     | LORENZO LC | M-1  | 00:25:26   | 00:03:11 | 00:25:25    | 00:03:11   | 00:12:47 |          | CLUB DEPOF     | MARÍN                  |
| 2      |      | 131    | YAGO       | LIJÓ ARES  | M-2  | 00:25:43   | 00:03:13 | 00:25:42    | 00:03:13   | 00:12:47 |          | Triatlon Rianx | RIANXO                 |
| 3      |      | 130    | DAMIAN     | GONZALEZ C | M-3  | 00:26:08   | 00:03:16 | 00:26:05    | 00:03:16   | 00:13:03 |          | Triatlon Rianx | BOIRO                  |
| 4      |      | 4      | CRISTÓBAL  | DIOS RÍOS  | M-4  | 00:26:17   | 00:03:18 | 00:26:15    | 00:03:17   | 00:13:01 |          |                |                        |
| 5      |      | 128    | ALEJANDRO  | CREO SABO  | M-10 | 00:27:09   | 00:03:24 | 00:27:07    | 00:03:24   | 00:13:27 |          | Triatlon Rianx | RIANXO                 |
| 6      |      | 29     | RICARDO    | BUGALLO C  | M-11 | 00:27:17   | 00:03:25 | 00:27:15    | 00:03:25   | 00:13:29 |          | CDM Xesteira   | MORAÑA                 |
| 7      |      | 78     | JAVIER     | CORRAL SEF | M-15 | 00:27:51   | 00:03:29 | 00:27:46    | 00:03:29   | 00:13:28 |          | Club Triatlón  | VIGO                   |
| 8      |      | 176    | ALEX       | GÓMEZ LAJC | M-16 | 00:27:54   | 00:03:30 | 00:27:47    | 00:03:29   | 00:13:51 |          |                | CATOIRA                |
| 9      |      | 60     | JESÚS FERN | SAINZ TRES | M-17 | 00:27:59   | 00:03:30 | 00:27:57    | 00:03:30   | 00:13:57 |          | Club atletism  | PINO (O)               |
| 10     |      | 52     | ARTURO     | MATA CAST  | M-19 | 00:28:10   | 00:03:32 | 00:28:07    | 00:03:31   | 00:14:05 |          | Club Atletism  | SANTIAGO DE COMPOSTELA |
| 11     |      | 53     | MODESTO    | ROUCO ALM  | M-20 | 00:28:13   | 00:03:32 | 00:28:08    | 00:03:31   | 00:14:07 |          | Club Atletism  | AMES                   |
| 12     |      | 133    | NICOLÁS    | MARÍN MOLL | M-21 | 00:28:21   | 00:03:33 | 00:28:19    | 00:03:33   | 00:13:38 |          | Triatlón Vilag | VILAGARCÍA DE AROUSA   |
| 13     |      | 63     | ALEXANDRE  | FERNÁNDEZ  | M-26 | 00:28:45   | 00:03:36 | 00:28:42    | 00:03:36   | 00:14:22 |          | Club Atletism  | VAL DO DUBRA           |
| 14     |      | 186    | ADRIAN     | MASCATO    | M-35 | 00:29:47   | 00:03:44 | 00:29:43    | 00:03:43   | 00:14:56 |          |                | GROVE (O)              |
| 15     |      | 82     | DAVID      | VÁZQUEZ TE | M-37 | 00:29:59   | 00:03:45 | 00:29:50    | 00:03:44   | 00:15:07 |          | CLUB TRIATL    | NOIA                   |
| 16     |      | 132    | KEVIN      | WALDOMAR   | M-39 | 00:30:06   | 00:03:46 | 00:30:04    | 00:03:46   | 00:15:03 |          | Triatlon Rianx | RIANXO                 |
| 17     |      | 116    | CRISTIAN   | MOGO CAST  | M-40 | 00:30:07   | 00:03:46 | 00:29:56    | 00:03:45   | 00:15:04 |          | SD COMPOS      | VEDRA                  |
| 18     |      | 172    | MIGUEL     | GARCÍA MAF | M-45 | 00:30:30   | 00:03:49 | 00:30:25    | 00:03:49   | 00:14:46 |          |                | MONFERO                |
| 19     |      | 171    | DANIEL     | GARCIA CAR | M-47 | 00:31:02   | 00:03:53 | 00:30:56    | 00:03:52   | 00:15:13 |          |                | SOUTOMAIOR             |

|     |                |                   |          |          |          |          |          |                |                          |
|-----|----------------|-------------------|----------|----------|----------|----------|----------|----------------|--------------------------|
| 20  | 163 PABLO      | FERNÁNDEZ M-48    | 00:31:04 | 00:03:53 | 00:30:51 | 00:03:52 | 00:15:28 |                | CORUÑA (A)               |
| 21  | 127 DANIEL     | BARDANCA / M-53   | 00:31:40 | 00:03:58 | 00:31:20 | 00:03:55 | 00:15:53 | Triatlon costa | ZAS                      |
| 22  | 203 MANUEL     | RIVADULLA F M-64  | 00:32:18 | 00:04:03 | 00:32:13 | 00:04:02 | 00:15:29 |                | PONTECESURES             |
| 23  | 65 BRAIS       | PÉREZ FERN M-65   | 00:32:21 | 00:04:03 | 00:32:18 | 00:04:03 | 00:14:39 | Club Atletism  | AMES                     |
| 24  | 20 JOSE        | BUSTO RIAL M-68   | 00:32:57 | 00:04:08 | 00:32:37 | 00:04:05 | 00:16:08 | Club atletism  | CABANA DE BERGANTIÑOS    |
| 25  | 144 PABLO      | BARREIRO R M-76   | 00:33:26 | 00:04:11 | 00:33:19 | 00:04:10 | 00:16:22 |                | PONTECESURES             |
| 26  | 122 JAVIER     | GONZALEZ M-83     | 00:34:10 | 00:04:17 | 00:33:59 | 00:04:15 | 00:17:06 | Serres runner  | MUROS                    |
| 27  | 202 MARCOS     | RÍOS MIGUEL M-87  | 00:34:46 | 00:04:21 | 00:34:25 | 00:04:19 | 00:17:23 |                | TEO                      |
| 28  | 178 MANUEL     | GONZÁLEZ E M-90   | 00:35:12 | 00:04:24 | 00:34:58 | 00:04:23 | 00:17:51 |                | ROIS                     |
| 29  | 126 RUBEN      | MUÑIZ FERN M-101  | 00:36:36 | 00:04:35 | 00:36:26 | 00:04:34 | 00:17:57 | Triatleiros    | NOIA                     |
| 30  | 179 LUCAS      | HERMO BAR M-103   | 00:36:38 | 00:04:35 | 00:36:18 | 00:04:33 | 00:18:20 |                | PONTECESURES             |
| 31  | 211 BRAIS      | SENIN LOPE M-105  | 00:36:54 | 00:04:37 | 00:36:36 | 00:04:35 | 00:18:42 |                | RIANXO                   |
| 32  | 15 ALEJANDRO   | GARCÍA LOS M-110  | 00:37:25 | 00:04:41 | 00:37:04 | 00:04:38 | 00:18:46 | Atletismo +9   | PADRÓN                   |
| 33  | 156 BORJA      | DOPAZO FEF M-111  | 00:37:39 | 00:04:43 | 00:37:25 | 00:04:41 | 00:18:48 |                | PONTECESURES             |
| 34  | 111 IGNACIO    | BELTRÁ GAF M-112  | 00:37:44 | 00:04:43 | 00:37:32 | 00:04:42 | 00:18:57 | SD COMPOS      | SANTIAGO DE COMPOSTELA   |
| 35  | 191 JESUS RAMC | MONTOUTO M-113    | 00:37:53 | 00:04:45 | 00:37:31 | 00:04:42 | 00:18:51 |                | ESTRADA (A)              |
| 36  | 200 ENRIQUE    | REFOJO FEF M-122  | 00:39:00 | 00:04:53 | 00:38:40 | 00:04:50 | 00:20:07 |                | VALGA                    |
| 37  | 199 JONATAN    | PIÑEIRO VIL M-129 | 00:39:28 | 00:04:56 | 00:39:08 | 00:04:54 | 00:19:56 |                | PONTECESURES             |
| 38  | 164 JOSÉ CARLC | FERNÁNDEZ M-131   | 00:39:34 | 00:04:57 | 00:39:19 | 00:04:55 | 00:19:44 |                | CHANTADA                 |
| 39  | 174 SAMUEL     | GIL CALDEL M-132  | 00:39:43 | 00:04:58 | 00:39:22 | 00:04:56 | 00:20:07 |                | VALGA                    |
| 40  | 206 MARCOS     | ROZAS VÁZC M-138  | 00:41:42 | 00:05:13 | 00:41:19 | 00:05:10 | 00:20:49 |                | AMES                     |
| 41  | 23 PABLO       | BLANCO CAL M-139  | 00:41:53 | 00:05:15 | 00:41:40 | 00:05:13 | 00:20:41 | Barbanza Rur   | BOIRO                    |
| 42  | 192 PABLO      | MUÑOZ VAZ M-141   | 00:42:21 | 00:05:18 | 00:41:58 | 00:05:15 | 00:20:53 |                | AMES                     |
| 43  | 165 JULIÁN     | FERNÁNDEZ M-144   | 00:43:45 | 00:05:29 | 00:43:32 | 00:05:27 | 00:20:52 |                | ROIS                     |
| 44  | 166 ALEJANDRO  | FERREIRO A M-145  | 00:43:45 | 00:05:29 | 00:43:20 | 00:05:25 | 00:21:39 |                | LOUSAME                  |
| 45  | 167 LORENZO    | FERREIRO P M-150  | 00:45:08 | 00:05:39 | 00:44:40 | 00:05:35 | 00:22:23 |                | SANTIAGO DE COMPOSTELA   |
| DNF | 77 MARTÍN      | CASAL MOU F M-0   |          |          |          |          | 00:15:52 | Club Triatlón  | (SANTIAGO DE COMPOSTELA) |
| DNF | 103 ÓSCAR      | GARCÍA GÓN M-0    |          |          |          |          | 00:20:58 | Odegard        | VALGA                    |
| DNF | 149 ISAAC      | BRAGAÑA B F M-0   |          |          |          |          | 00:19:14 |                | VALGA                    |
| DNS | 9 ALEJANDRO    | SEGADE FU M-0     |          |          |          |          |          | Alejandro Seg  | CALDAS DE REIS           |
| DNS | 86 JAVIER      | UCHA M-0          |          |          |          |          |          | FENDE-PER      | SANXENXO                 |
| DNS | 152 CÉSAR      | CREO FERN M-0     |          |          |          |          |          |                | RIANXO                   |

**MASTER A FEMENINA**

| Puesto | Cat. | Dorsal       | Nombre        | Apellidos | Sexo     | T. Oficial | Ritmo    | Tiempo Neto | Ritmo Neto | T. KM 4 | Licencia | Club          | Localidad              |
|--------|------|--------------|---------------|-----------|----------|------------|----------|-------------|------------|---------|----------|---------------|------------------------|
| 1      |      | 123 ANA      | MARTÍNEZ M    | F-3       | 00:32:28 | 00:04:04   | 00:32:25 | 00:04:04    | 00:16:07   |         |          | Serres runner | MUROS                  |
| 2      |      | 30 ERICA     | FERNÁNDEZ F   | -9        | 00:36:41 | 00:04:36   | 00:36:35 | 00:04:35    | 00:17:51   |         |          | CDM Xesteira  | PONTECESURES           |
| 3      |      | 26 ALBA      | LÓPEZ SAN M   | F-14      | 00:38:23 | 00:04:48   | 00:38:05 | 00:04:46    | 00:19:22   |         |          | Brutanzos Te  | MIÑO                   |
| 4      |      | 33 SUSANA    | MIRÁS CARB    | F-17      | 00:38:58 | 00:04:53   | 00:38:46 | 00:04:51    | 00:19:11   |         |          | CLUB DEPOF    | TEO                    |
| 5      |      | 204 TAMARA   | RODRIGUEZ F   | -20       | 00:39:32 | 00:04:57   | 00:39:24 | 00:04:56    | 00:19:16   |         |          |               | SANTIAGO DE COMPOSTELA |
| 6      |      | 148 TANIA    | BOQUETE G     | F-23      | 00:40:15 | 00:05:02   | 00:39:56 | 00:05:00    | 00:20:18   |         |          |               | NEGREIRA               |
| 7      |      | 154 CARLA    | DÍAZ LÓPEZ F  | -24       | 00:40:18 | 00:05:03   | 00:40:12 | 00:05:02    | 00:19:48   |         |          |               | PINO (O)               |
| 8      |      | 175 CRISTINA | GÓMEZ GÓN F   | -25       | 00:40:53 | 00:05:07   | 00:40:46 | 00:05:06    | 00:19:51   |         |          |               | SOUTOMAIOR             |
| 9      |      | 108 LORENA   | RIAL OTERO F  | -31       | 00:42:28 | 00:05:19   | 00:42:10 | 00:05:17    | 00:21:12   |         |          | S.D. Barbanti | BOIRO                  |
| 10     |      | 18 EVIÑA     | NOGUEIRA E    | F-32      | 00:42:49 | 00:05:22   | 00:42:20 | 00:05:18    | 00:21:44   |         |          | Atletismo A E | ESTRADA (A)            |
| 11     |      | 183 SANDRA   | MANTEIGA R    | F-35      | 00:44:25 | 00:05:34   | 00:43:59 | 00:05:30    | 00:21:50   |         |          |               | TEO                    |
| 12     |      | 139 ELENA    | ALLER CODE F  | -41       | 00:47:08 | 00:05:54   | 00:46:40 | 00:05:50    | 00:23:36   |         |          |               | ESTRADA (A)            |
| 13     |      | 95 SANDRA    | GONZALEZ F    | -43       | 00:49:50 | 00:06:14   | 00:49:42 | 00:06:13    | 00:24:46   |         |          | NM FITNESS    | GROVE (O)              |
| DNF    |      | 93 MARGA     | VILLASVERDE F | -0        |          |            |          |             | 00:17:56   |         |          | Marjaritos Te | POIO                   |
| DNS    |      | 188 LAURA    | MÉNDEZ BEL    | F-0       |          |            |          |             |            |         |          |               | NARÓN                  |

**MASTER A MASCULINA**

| Puesto | Cat. | Dorsal         | Nombre      | Apellidos | Sexo     | T. Oficial | Ritmo    | Tiempo Neto | Ritmo Neto | T. KM 4 | Licencia | Club            | Localidad              |
|--------|------|----------------|-------------|-----------|----------|------------|----------|-------------|------------|---------|----------|-----------------|------------------------|
| 1      |      | 39 MAXI        | OUBIÑA FAL  | M-5       | 00:26:56 | 00:03:22   | 00:26:52 | 00:03:22    | 00:13:18   |         |          | Club Atletism   | CAMBADOS               |
| 2      |      | 76 MARCOS      | BARREIRO C  | M-6       | 00:27:00 | 00:03:23   | 00:26:56 | 00:03:22    | 00:13:28   |         |          | Club Triatlón   | (PALAS DE REI)         |
| 3      |      | 32 ELOI        | COUSO MAR   | M-7       | 00:27:02 | 00:03:23   | 00:26:58 | 00:03:23    | 00:13:26   |         |          | CELTA ATLE      | SANTIAGO DE COMPOSTELA |
| 4      |      | 5 JUAN CARLC   | MOSQUERA M  | -12       | 00:27:21 | 00:03:26   | 00:27:20 | 00:03:25    | 00:13:31   |         |          | Club atletism   | PONTECESURES           |
| 5      |      | 24 MÍCHEL      | FERNÁNDEZ M | -14       | 00:27:41 | 00:03:28   | 00:27:36 | 00:03:27    | 00:13:43   |         |          | BNZ RUN CL      | RIANXO                 |
| 6      |      | 44 FRAN        | OVIEDO BOL  | M-22      | 00:28:26 | 00:03:34   | 00:28:24 | 00:03:33    | 00:13:59   |         |          | Club atletism   | NOIA                   |
| 7      |      | 7 JACOBO       | CREGO FER   | M-23      | 00:28:37 | 00:03:35   | 00:28:35 | 00:03:35    | 00:13:52   |         |          | Triatlon Inforh | TEO                    |
| 8      |      | 92 JORGE       | OTERO LOPE  | M-27      | 00:28:59 | 00:03:38   | 00:28:46 | 00:03:36    | 00:14:12   |         |          | Marjaritos Te   | AMES                   |
| 9      |      | 35 EROS MARTÍ  | CANEDA DE   | M-30      | 00:29:14 | 00:03:40   | 00:29:10 | 00:03:39    | 00:14:30   |         |          | Club Atletism   | GROVE (O)              |
| 10     |      | 221 JOSE LUJIS | GONZALEZ N  | M-36      | 00:29:58 | 00:03:45   | 00:29:51 | 00:03:44    | 00:14:45   |         |          |                 | TEO                    |
| 11     |      | 213 DAMIÁN     | SUSAVILA R  | M-46      | 00:30:46 | 00:03:51   | 00:30:25 | 00:03:49    | 00:15:27   |         |          |                 | VALGA                  |

|     |     |           |             |       |          |          |          |          |          |               |                        |
|-----|-----|-----------|-------------|-------|----------|----------|----------|----------|----------|---------------|------------------------|
| 12  | 102 | DAVID     | PÉREZ CAST  | M-49  | 00:31:08 | 00:03:54 | 00:31:01 | 00:03:53 | 00:15:29 | Noitebra FC   | SANTIAGO DE COMPOSTELA |
| 13  | 34  | BASILIO   | CAMIÑA UCF  | M-51  | 00:31:28 | 00:03:56 | 00:31:22 | 00:03:56 | 00:15:22 | Club Atletism | SANXENXO               |
| 14  | 46  | FRANCISCO | CUENCA GAI  | M-56  | 00:31:44 | 00:03:58 | 00:31:40 | 00:03:58 | 00:15:30 | Club Atletism | TEO                    |
| 15  | 31  | ÓSCAR     | FUENTES MC  | M-59  | 00:31:54 | 00:04:00 | 00:31:48 | 00:03:59 | 00:16:01 | CDM Xesteira  | PONTECESURES           |
| 16  | 64  | FERNANDO  | GUTIÉRREZ   | M-60  | 00:32:04 | 00:04:01 | 00:31:52 | 00:03:59 | 00:16:04 | Club Atletism | OROSO                  |
| 17  | 109 | RAMÓN     | PIÑERO LAM  | M-61  | 00:32:08 | 00:04:01 | 00:32:02 | 00:04:01 | 00:16:00 | S.D. Barbanti | BOIRO                  |
| 18  | 189 | JAVIER    | MIGUENS M/  | M-67  | 00:32:47 | 00:04:06 | 00:32:31 | 00:04:04 | 00:16:36 |               | ESTRADA (A)            |
| 19  | 75  | GABRIEL   | NOGUEIRA M  | M-74  | 00:33:20 | 00:04:10 | 00:33:11 | 00:04:09 | 00:16:25 | Club Triatlón | MELIDE                 |
| 20  | 212 | BRAIS     | SEOANE CE/  | M-77  | 00:33:46 | 00:04:14 | 00:33:37 | 00:04:13 | 00:16:17 |               | SANTIAGO DE COMPOSTELA |
| 21  | 145 | DIEGO     | BELLO GRAII | M-78  | 00:33:49 | 00:04:14 | 00:33:16 | 00:04:10 | 00:17:03 |               | NEGREIRA               |
| 22  | 142 | MIGUEL    | BARREIRO B  | M-86  | 00:34:34 | 00:04:20 | 00:34:28 | 00:04:19 | 00:17:04 |               | PONTECESURES           |
| 23  | 222 | CRISTIAN  | ZAS SANDE   | M-89  | 00:35:10 | 00:04:24 | 00:35:00 | 00:04:23 | 00:17:27 |               | SANTIAGO               |
| 24  | 94  | JAIRO     | FONTENLA E  | M-94  | 00:35:29 | 00:04:27 | 00:35:16 | 00:04:25 | 00:17:36 | Moraña en Ru  | MORAÑA                 |
| 25  | 147 | ÁNGEL     | BLANCO VÁZ  | M-96  | 00:35:44 | 00:04:28 | 00:35:22 | 00:04:26 | 00:17:44 |               | CORUÑA (A)             |
| 26  | 110 | DIEGO     | GARCIA LOR  | M-98  | 00:35:52 | 00:04:29 | 00:35:33 | 00:04:27 | 00:18:06 | S.D. Barbanti | RIANXO                 |
| 27  | 216 | CARLOS    | VALLE ALON  | M-102 | 00:36:36 | 00:04:35 | 00:36:17 | 00:04:33 | 00:18:45 |               | AMES                   |
| 28  | 214 | MARTIN    | TEIJEIRO EN | M-104 | 00:36:44 | 00:04:36 | 00:36:29 | 00:04:34 | 00:18:03 |               | PONTECESURES           |
| 29  | 135 | MIGUEL    | VELAY REY   | M-106 | 00:36:57 | 00:04:38 | 00:36:38 | 00:04:35 | 00:18:46 | TRIBU TRAIL   | PONTECESURES           |
| 30  | 14  | ANTONIO   | FLORES SAN  | M-114 | 00:37:55 | 00:04:45 | 00:37:46 | 00:04:44 | 00:18:39 | Atletismo +9  | BARRO                  |
| 31  | 205 | ÁNGEL     | RODRÍGUEZ   | M-119 | 00:38:47 | 00:04:51 | 00:38:23 | 00:04:48 | 00:19:31 |               | TEO                    |
| 32  | 158 | AHMED     | ELSEICY     | M-124 | 00:39:09 | 00:04:54 | 00:38:38 | 00:04:50 | 00:19:53 |               | VIGO                   |
| 33  | 197 | FRANCISCO | PEREZ PERE  | M-151 | 00:45:09 | 00:05:39 | 00:44:40 | 00:05:35 | 00:22:21 |               | ROIS                   |
| DNS | 67  | ALBERTO   | CAMINO PRE  | M-0   |          |          |          |          |          | CLUB DEPOF    | MARÍN                  |
| DNS | 85  | JESUS     | REY LAGO    | M-0   |          |          |          |          |          | Familia       | TOURO                  |
| DNS | 124 | UXIO      | RIAL RODRI  | M-0   |          |          |          |          |          | Speedcross T  | PONTECESURES           |
| DNS | 210 | BORJA     | SANTOS DIZ  | M-0   |          |          |          |          |          |               | PONTEVEDRA             |

**MASTER B FEMENINA**

| Puesto | Cat. | Dorsal | Nombre     | Apellidos   | Sexo | T. Oficial | Ritmo    | Tiempo Neto | Ritmo Neto | T. KM 4  | Licencia | Club          | Localidad              |
|--------|------|--------|------------|-------------|------|------------|----------|-------------|------------|----------|----------|---------------|------------------------|
| 1      |      | 22     | ELENA      | MIGUENS OT  | F-5  | 00:33:50   | 00:04:14 | 00:33:45    | 00:04:14   | 00:16:45 |          | Club atletism | PADRÓN                 |
| 2      |      | 58     | NADIA      | MRIMICHE M  | F-7  | 00:36:03   | 00:04:31 | 00:35:47    | 00:04:29   | 00:18:05 |          | Club atletism | CULLEREDO              |
| 3      |      | 170    | MARÍA DOLC | GALEGO CA   | F-8  | 00:36:09   | 00:04:32 | 00:35:58    | 00:04:30   | 00:17:55 |          |               | PONTEVEDRA             |
| 4      |      | 83     | NESTI      | PIÑEIRO SAN | F-18 | 00:38:59   | 00:04:53 | 00:38:43    | 00:04:51   | 00:19:12 |          | Club Atletism | CAMBADOS               |
| 5      |      | 137    | SONIA MARI | AGRASAR B   | F-19 | 00:39:25   | 00:04:56 | 00:39:14    | 00:04:55   | 00:19:37 |          |               | PADRÓN                 |
| 6      |      | 11     | PATRICIA   | ARGIZ PEITE | F-26 | 00:41:01   | 00:05:08 | 00:40:48    | 00:05:06   | 00:20:01 |          | Atletismo +9  | MORAÑA                 |
| 7      |      | 10     | MARÍA      | AGRELO COI  | F-30 | 00:42:20   | 00:05:18 | 00:42:07    | 00:05:16   | 00:20:59 |          | Atletismo +9  | MORAÑA                 |
| 8      |      | 115    | MIRIAM     | MIGUEZ NEC  | F-33 | 00:43:18   | 00:05:25 | 00:42:56    | 00:05:22   | 00:22:28 |          | SD COMPOS     | SANTIAGO DE COMPOSTELA |
| 9      |      | 185    | MARISA     | MARTINEZ FI | F-39 | 00:46:05   | 00:05:46 | 00:45:50    | 00:05:44   | 00:22:57 |          |               | FUENLABRADA            |
| 10     |      | 219    | MARIA SOLE | VITORES LA  | F-40 | 00:46:27   | 00:05:49 | 00:45:58    | 00:05:45   | 00:23:34 |          |               | TEO                    |
| DNS    |      | 100    | SUSANA     | BUJÁN OTE   | F-0  |            |          |             |            |          |          | Noitebra FC   | SANTIAGO DE COMPOSTELA |

**MASTER B MASCULINA**

| Puesto | Cat. | Dorsal | Nombre     | Apellidos   | Sexo   | T. Oficial | Ritmo    | Tiempo Neto | Ritmo Neto | T. KM 4  | Licencia | Club           | Localidad              |                        |
|--------|------|--------|------------|-------------|--------|------------|----------|-------------|------------|----------|----------|----------------|------------------------|------------------------|
| 1      |      | 6      | SAMUEL     | SABORIDO S  | M-9    | 00:27:08   | 00:03:24 | 00:27:05    | 00:03:24   | 00:13:19 |          | Club atletismc | DODRO                  |                        |
| 2      |      | 62     | FERNANDO   | VÁZQUEZ AF  | M-18   | 00:28:02   | 00:03:31 | 00:27:57    | 00:03:30   | 00:13:53 |          | Club atletismc | CULLEREDO              |                        |
| 3      |      | 73     | ANGEL      | FAGILDE FA  | M-24   | 00:28:41   | 00:03:36 | 00:28:39    | 00:03:35   | 00:14:17 |          | Club Triatlón  | SANTIAGO DE COMPOSTELA |                        |
| 4      |      | 2      | MANUEL OLI | PÉREZ LÓPE  | M-25   | 00:28:44   | 00:03:36 | 00:28:40    | 00:03:35   | 00:14:05 |          | Club atletismc | CULLEREDO              |                        |
| 5      |      | 50     | XOSÉ ANTÓN | BARREIRO P  | M-28   | 00:29:00   | 00:03:38 | 00:28:56    | 00:03:37   | 00:14:21 |          | Club atletismc | SANTIAGO DE COMPOSTELA |                        |
| 6      |      | 220    | ENRIQUE    | MUIÑOS REY  | M-32   | 00:29:26   | 00:03:41 | 00:29:21    | 00:03:41   | 00:14:15 |          | Serres runner  | NOIA                   |                        |
| 7      |      | 125    | JORGE MANI | GARCIA RO   | M-38   | 00:30:04   | 00:03:46 | 00:30:01    | 00:03:46   | 00:14:44 |          | Superfresh     | SANTIAGO DE COMPOSTELA |                        |
| 8      |      | 118    | FERNANDO   | SESA        | SEG/   | M-41       | 00:30:09 | 00:03:47    | 00:29:58   | 00:03:45 | 00:14:55 |                | SD COMPOS              | SANTIAGO DE COMPOSTELA |
| 9      |      | 113    | JOSE ANTON | FERNÁNDEZ   | M-43   | 00:30:20   | 00:03:48 | 00:30:10    | 00:03:47   | 00:15:07 |          | SD COMPOS      | ARTEIXO                |                        |
| 10     |      | 190    | JOSE MANUE | MIRANDA VI  | M-44   | 00:30:29   | 00:03:49 | 00:30:20    | 00:03:48   | 00:15:10 |          |                | PORRIÑO (O)            |                        |
| 11     |      | 120    | LAUREANO   | VARELA ALV  | M-50   | 00:31:22   | 00:03:56 | 00:31:12    | 00:03:54   | 00:15:36 |          | SD COMPOS      | SANTIAGO DE COMPOSTELA |                        |
| 12     |      | 43     | JUAN       | MAYO BALDI  | M-52   | 00:31:38   | 00:03:58 | 00:31:29    | 00:03:57   | 00:15:57 |          | Club atletismc | NOIA                   |                        |
| 13     |      | 180    | RAÚL       | HERRERO M   | M-54   | 00:31:42   | 00:03:58 | 00:31:34    | 00:03:57   | 00:15:51 |          |                | VALGA                  |                        |
| 14     |      | 140    | URBANO     | ÁLVAREZ CA  | M-55   | 00:31:42   | 00:03:58 | 00:31:28    | 00:03:56   | 00:15:51 |          |                | PADRÓN                 |                        |
| 15     |      | 84     | RUBÉN      | VILA SIEIRA | M-58   | 00:31:50   | 00:03:59 | 00:31:43    | 00:03:58   | 00:16:00 |          | Egovarros      | BOIRO                  |                        |
| 16     |      | 98     | SUSO       | QUINTELA V  | M-62   | 00:32:15   | 00:04:02 | 00:32:05    | 00:04:01   | 00:15:42 |          | Noitebra FC    | AMES                   |                        |
| 17     |      | 151    | JUAN LUIS  | CARBIA MEN  | M-66   | 00:32:23   | 00:04:03 | 00:32:16    | 00:04:02   | 00:16:06 |          |                | PONTECESURES           |                        |
| 18     |      | 12     | MANUEL     | BARROS BAF  | M-69   | 00:33:01   | 00:04:08 | 00:32:53    | 00:04:07   | 00:16:13 |          | Atletismo +9   | BARRO                  |                        |
| 19     |      | 106    | RAFAEL     | HERNÁNDEZ   | M-72   | 00:33:12   | 00:04:09 | 00:32:59    | 00:04:08   | 00:16:51 |          | S.D. Barbanti  | BOIRO                  |                        |
| 20     |      | 207    | FERMÍN     | SALGADO L   | C M-73 | 00:33:19   | 00:04:10 | 00:33:08    | 00:04:09   | 00:16:44 |          |                | PONTECESURES           |                        |
| 21     |      | 107    | JAVIER     | MONTANÉ L   | C M-75 | 00:33:22   | 00:04:11 | 00:33:04    | 00:04:08   | 00:16:51 |          | S.D. Barbanti  | BOIRO                  |                        |

|     |     |             |             |       |          |          |          |          |          |                                  |                        |
|-----|-----|-------------|-------------|-------|----------|----------|----------|----------|----------|----------------------------------|------------------------|
| 22  | 25  | ROBERTO     | CID SANMAR  | M-79  | 00:33:54 | 00:04:15 | 00:33:49 | 00:04:14 | 00:16:16 | Brutanzos Te                     | OLEIROS                |
| 23  | 136 | ANXO        | VIDAL ABAL  | M-80  | 00:34:01 | 00:04:16 | 00:33:51 | 00:04:14 | 00:16:15 | TRIBU TRAIL                      | RIANXO                 |
| 24  | 55  | RAMÓN       | CANOSA CA   | M-81  | 00:34:02 | 00:04:16 | 00:33:58 | 00:04:15 | 00:17:06 | Club atletism                    | CEE                    |
| 25  | 129 | ISMAEL      | GIL FERNÁN  | M-82  | 00:34:05 | 00:04:16 | 00:33:58 | 00:04:15 | 00:16:52 | Triatlon Rianx                   | BOIRO                  |
| 26  | 16  | ENRIQUE     | MARTINEZ G  | M-84  | 00:34:13 | 00:04:17 | 00:34:05 | 00:04:16 | 00:17:09 | Atletismo +9                     | VILAGARCÍA DE AROUSA   |
| 27  | 114 | MARCOS      | FONTANS SE  | M-88  | 00:34:53 | 00:04:22 | 00:34:37 | 00:04:20 | 00:17:48 | SD COMPOS VALGA                  |                        |
| 28  | 112 | MANUEL      | CASTIÑEIRA  | M-93  | 00:35:25 | 00:04:26 | 00:35:16 | 00:04:25 | 00:16:08 | SD COMPOS SANTIAGO DE COMPOSTELA |                        |
| 29  | 104 | CARLOS      | MARTINS RE  | M-95  | 00:35:42 | 00:04:28 | 00:35:26 | 00:04:26 | 00:18:12 | PROSIMA CA                       | ESTRADA (A)            |
| 30  | 182 | BARRY       | LYNCH       | M-97  | 00:35:48 | 00:04:29 | 00:35:25 | 00:04:26 | 00:17:44 |                                  | VILAGARCÍA DE AROSA    |
| 31  | 173 | ANDRÉS      | GARCÍA PAR  | M-100 | 00:36:25 | 00:04:34 | 00:36:10 | 00:04:32 | 00:18:03 |                                  | PONTECESURES           |
| 32  | 138 | JULIO ALBEF | ALDREY BAC  | M-117 | 00:38:40 | 00:04:50 | 00:38:08 | 00:04:46 | 00:19:11 |                                  | SANTIAGO DE COMPOSTELA |
| 33  | 141 | PABLO       | BARRAL BAF  | M-123 | 00:39:02 | 00:04:53 | 00:38:52 | 00:04:52 | 00:18:17 |                                  | VIGO                   |
| 34  | 28  | MARIO       | OTERO DÍAZ  | M-126 | 00:39:20 | 00:04:55 | 00:38:56 | 00:04:52 | 00:19:47 | C.D. Ría de A                    | SANTIAGO DE COMPOSTELA |
| 35  | 91  | FERNANDO    | AGRA SOTO   | M-127 | 00:39:20 | 00:04:55 | 00:39:04 | 00:04:53 | 00:19:42 |                                  | ESTRADA (A)            |
| 36  | 181 | CARLOS      | LOPEZ PLAT  | M-134 | 00:40:18 | 00:05:03 | 00:40:11 | 00:05:02 | 00:19:46 |                                  | PINO (O)               |
| 37  | 117 | FERNANDO    | REY ALBARE  | M-143 | 00:43:18 | 00:05:25 | 00:42:57 | 00:05:23 | 00:22:28 | SD COMPOS SANTIAGO DE COMPOSTELA |                        |
| 38  | 90  | PAKINHO     | MARTINEZ G  | M-146 | 00:43:56 | 00:05:30 | 00:43:29 | 00:05:27 | 00:22:06 | gallaecia jast                   | VIGO                   |
| 39  | 157 | PABLO       | DOSIL ROSE  | M-147 | 00:44:14 | 00:05:32 | 00:43:51 | 00:05:29 | 00:21:31 |                                  | VILAGARCÍA DE AROUSA   |
| 40  | 208 | JOSE RAMO   | SANCHEZ LC  | M-148 | 00:44:14 | 00:05:32 | 00:43:51 | 00:05:29 | 00:21:30 |                                  | JAÉN                   |
| 41  | 194 | BENITO ISID | PADIN       | M-152 | 00:45:41 | 00:05:43 | 00:45:16 | 00:05:40 | 00:22:34 |                                  | CAMBADOS               |
| 42  | 88  | JUAN        | UCHA SOLL   | M-153 | 00:46:05 | 00:05:46 | 00:45:55 | 00:05:45 | 00:22:57 | FENDE-PER                        | POIO                   |
| DNS | 51  | OSCAR       | FIGUEIRAS T | M-0   |          |          |          |          |          | Club atletism                    | MUROS                  |
| DNS | 68  | OSCAR       | GARCÍA GAR  | M-0   |          |          |          |          |          | CLUB DEPOF                       | VIGO                   |
| DNS | 87  | JAVIER      | UCHA SOLL   | M-0   |          |          |          |          |          | FENDE-PER                        | POIO                   |
| DNS | 105 | RICARDO     | ALONSO FEF  | M-0   |          |          |          |          |          | Running Arte                     | VERÍN                  |
| DNS | 134 | FRANCISCO   | REY PADIN   | M-0   |          |          |          |          |          | Triatlón Vilag                   | VILAGARCÍA DE AROUSA   |
| DNS | 209 | LUIS        | SANTIAGO C  | M-0   |          |          |          |          |          |                                  | VIGO                   |

**MASTER C FEMENINA**

| Puesto | Cat. | Dorsal | Nombre      | Apellidos  | Sexo | T. Oficial | Ritmo    | Tiempo Neto | Ritmo Neto | T. KM 4  | Licencia | Club          | Localidad |
|--------|------|--------|-------------|------------|------|------------|----------|-------------|------------|----------|----------|---------------|-----------|
| 1      |      | 54     | NANCI VIVIA | CAAMAÑO L  | F-12 | 00:38:03   | 00:04:46 | 00:37:51    | 00:04:44   | 00:18:50 |          | Club atletism | CULLEREDO |
| 2      |      | 27     | LUPE        | VILAR SERE | F-36 | 00:45:03   | 00:05:38 | 00:44:47    | 00:05:36   | 00:22:26 |          | Club Atletism | CAMBADOS  |
| 3      |      | 49     | ANA         | VÁZQUEZ FE | F-42 | 00:49:50   | 00:06:14 | 00:49:22    | 00:06:11   | 00:24:38 |          | Club Atletism | AMES      |

**MASTER C MASCULINA**

| Puesto | Cat. | Dorsal | Nombre     | Apellidos   | Sexo  | T. Oficial | Ritmo    | Tiempo Neto | Ritmo Neto | T. KM 4  | Licencia | Club          | Localidad              |
|--------|------|--------|------------|-------------|-------|------------|----------|-------------|------------|----------|----------|---------------|------------------------|
| 1      |      | 36     | SANTIAGO   | FALCÓN PÉF  | M-31  | 00:29:20   | 00:03:40 | 00:29:15    | 00:03:40   | 00:14:21 |          | Club Atletism | GROVE (O)              |
| 2      |      | 56     | JUAN CARLC | FERNÁNDEZ   | M-34  | 00:29:34   | 00:03:42 | 00:29:30    | 00:03:42   | 00:14:32 |          | Club atletism | MUROS                  |
| 3      |      | 59     | RAMIRO     | PÉREZ PERE  | M-57  | 00:31:49   | 00:03:59 | 00:31:40    | 00:03:58   | 00:16:04 |          | Club atletism | TEO                    |
| 4      |      | 81     | MANUEL JOF | TORRES BAL  | M-63  | 00:32:18   | 00:04:03 | 00:32:07    | 00:04:01   | 00:16:25 |          | Club Triatlón | SANTIAGO DE COMPOSTELA |
| 5      |      | 121    | PISY       | CANDAMO F   | M-70  | 00:33:03   | 00:04:08 | 00:32:56    | 00:04:07   | 00:16:22 |          | Serres runner | MUROS                  |
| 6      |      | 143    | PEPE       | BARREIRO B  | M-71  | 00:33:04   | 00:04:08 | 00:32:58    | 00:04:08   | 00:16:22 |          |               | PONTECESURES           |
| 7      |      | 162    | CHEMA      | FERNANDEZ   | M-85  | 00:34:28   | 00:04:19 | 00:34:07    | 00:04:16   | 00:17:12 |          |               | VILAGARCÍA DE AROUSA   |
| 8      |      | 3      | FRANCISCO  | SANMARCO    | M-91  | 00:35:15   | 00:04:25 | 00:35:03    | 00:04:23   | 00:17:20 |          | Club atletism | PONTECESURES           |
| 9      |      | 57     | ELOY       | IGLESIAS CR | M-92  | 00:35:15   | 00:04:25 | 00:35:03    | 00:04:23   | 00:17:20 |          | Club atletism | VALGA                  |
| 10     |      | 8      | MANUEL     | FONTENLA M  | M-99  | 00:36:16   | 00:04:32 | 00:36:00    | 00:04:30   | 00:17:52 |          | Aceadama - T  | CORUÑA (A)             |
| 11     |      | 17     | JAVIER     | MARTIÑÁN C  | M-107 | 00:37:04   | 00:04:38 | 00:36:57    | 00:04:38   | 00:18:16 |          | Atletismo +9  | AMES                   |
| 12     |      | 150    | LUIS       | CALVO CALV  | M-108 | 00:37:21   | 00:04:41 | 00:37:08    | 00:04:39   | 00:18:31 |          |               | BOIRO                  |
| 13     |      | 198    | ÁNGEL      | PÉREZ SUS   | M-109 | 00:37:22   | 00:04:41 | 00:37:08    | 00:04:39   | 00:18:31 |          |               | DODRO                  |
| 14     |      | 99     | JESUS      | PEREZ BALIF | M-115 | 00:38:20   | 00:04:48 | 00:38:07    | 00:04:46   | 00:19:06 |          | Noitebra FC   | SANTIAGO DE COMPOSTELA |
| 15     |      | 1      | FERNANDO   | SAINZ GARC  | M-116 | 00:38:33   | 00:04:50 | 00:38:28    | 00:04:49   | 00:18:45 |          | Club atletism | AMES                   |
| 16     |      | 70     | AMADOR     | REBOREDA    | M-121 | 00:38:55   | 00:04:52 | 00:38:34    | 00:04:50   | 00:19:19 |          | CLUB DEPOF    | REDONDELA              |
| 17     |      | 177    | JOSE       | GOMEZ VIAÑ  | M-128 | 00:39:24   | 00:04:56 | 00:39:04    | 00:04:53   | 00:19:38 |          |               | AMES                   |
| 18     |      | 101    | JOSE ANTON | GIL BREA    | M-130 | 00:39:34   | 00:04:57 | 00:39:18    | 00:04:55   | 00:19:49 |          | Noitebra FC   | SANTIAGO DE COMPOSTELA |
| 19     |      | 146    | JOSÉ ANTON | BLANCO BAF  | M-133 | 00:40:14   | 00:05:02 | 00:39:56    | 00:05:00   | 00:20:17 |          |               | SANTIAGO DE COMPOSTELA |
| 20     |      | 40     | JESÚS      | PÉREZ GARC  | M-135 | 00:40:33   | 00:05:05 | 00:40:10    | 00:05:02   | 00:20:51 |          | Club Atletism | GROVE (O)              |
| 21     |      | 196    | JOSE       | PENA FRANC  | M-137 | 00:41:03   | 00:05:08 | 00:40:40    | 00:05:05   | 00:20:31 |          |               | RIBEIRA                |
| 22     |      | 37     | JOSE       | GOMEZ BIOC  | M-140 | 00:42:02   | 00:05:16 | 00:41:40    | 00:05:13   | 00:21:49 |          | Club Atletism | CAMBADOS               |
| 23     |      | 195    | CARLOS     | PAMPÍN BOA  | M-142 | 00:43:18   | 00:05:25 | 00:42:56    | 00:05:22   | 00:21:51 |          |               | VILA DE CRUCES         |
| 24     |      | 193    | DANIEL     | OTERO CEP   | M-149 | 00:44:36   | 00:05:35 | 00:44:13    | 00:05:32   | 00:22:04 |          |               | SANTIAGO DE COMPOSTELA |
| 25     |      | 89     | FERNANDO   | CAMPOS MU   | M-154 | 00:46:05   | 00:05:46 | 00:45:51    | 00:05:44   | 00:22:55 |          | F-P TEAM      | PONTEVEDRA             |
| DNS    |      | 42     | MAXIMINO   | LIMENS PRA  | M-0   |            |          |             |            |          |          | Club Atletism | NEGREIRA               |
| DNS    |      | 184    | MARCIAL DE | MARTÍN VÁZ  | M-0   |            |          |             |            |          |          |               | SANTIAGO DE COMPOSTELA |

## XXV CARREIRA POPULAR DE PONTECESURES 2026

ABSOLUTA 4K

Clasificación General

| Puesto | Dorsal | Nombre     | Apellidos   | Género | Categoría | T. Oficial | Ritmo    | Tiempo Neto | Ritmo Neto | Licencia    | Club           | Localidad               |
|--------|--------|------------|-------------|--------|-----------|------------|----------|-------------|------------|-------------|----------------|-------------------------|
| 1      | 327    | DANIEL     | MANEIRO TE  | M-1    | S18M-1    | 00:12:23   | 00:03:06 | 00:12:22    | 00:03:06   |             | Club Atletismc | TEO                     |
| 2      | 362    | ANDRES     | CENDAN LLC  | M-2    | SNM-1     | 00:12:31   | 00:03:08 | 00:12:30    | 00:03:08   |             | Club Triatlón  | (SANTIAGO DE COMPOSTELA |
| 3      | 404    | CARLOS     | FRAGA ADRI  | M-3    | MASAM-1   | 00:12:54   | 00:03:14 | 00:12:51    | 00:03:13   | AG2026660   | SD COMPOS      | AMES                    |
| 4      | 317    | ARTURO     | PONTE ÁLVA  | M-4    | SNM-2     | 00:12:54   | 00:03:14 | 00:12:52    | 00:03:13   |             | Club Atletismc | SANTIAGO DE COMPOSTELA  |
| 5      | 315    | MAURO      | FUENTES SC  | M-5    | S18M-2    | 00:12:56   | 00:03:14 | 00:12:54    | 00:03:14   |             | Club Atletismc | AMES                    |
| 6      | 350    | JESÚS      | PATÍÑO RÍO  | M-6    | S18M-3    | 00:12:58   | 00:03:15 | 00:12:57    | 00:03:15   |             | Club Natación  | RIBEIRA                 |
| 7      | 403    | ELOY       | CASTRO TIE  | M-7    | SNM-3     | 00:13:07   | 00:03:17 | 00:13:05    | 00:03:17   |             | SD COMPOS      | SANTIAGO DE COMPOSTELA  |
| 8      | 364    | DAVID      | CUTRÍN LÓP  | M-8    | MASAM-2   | 00:13:11   | 00:03:18 | 00:13:08    | 00:03:17   |             | Club Triatlón  | (SANTIAGO DE COMPOSTELA |
| 9      | 370    | DIEGO      | SANTIAGO R  | M-9    | SNM-4     | 00:13:14   | 00:03:19 | 00:13:11    | 00:03:18   |             | Club Triatlón  | (VILAGARCÍA DE AROUSA   |
| 10     | 328    | DAVID      | TOIMIL PLAZ | M-10   | SNM-5     | 00:13:16   | 00:03:19 | 00:13:14    | 00:03:19   |             | Club Atletismc | SANTIAGO DE COMPOSTELA  |
| 11     | 340    | EFRÉN      | CAPELO VIEI | M-11   | SNM-6     | 00:13:19   | 00:03:20 | 00:13:16    | 00:03:19   | AG2025990   | CLUB DEPOF     | AMES                    |
| 12     | 21     | ARMANDO    | CALVO CES   | M-12   | MASBM-1   | 00:13:33   | 00:03:24 | 00:13:29    | 00:03:23   | ACC57322    | Club atletismc | RIANXO                  |
| 13     | 412    | MATEO      | VIDAL VÁZQ  | M-13   | SNM-7     | 00:13:34   | 00:03:24 | 00:13:29    | 00:03:23   |             | TRIBU TRAIL    | PADRÓN                  |
| 14     | 359    | ALBERTO    | DOPAZO MIC  | M-14   | MASBM-2   | 00:13:38   | 00:03:25 | 00:13:36    | 00:03:24   |             | Club Triatlón  | (SANTIAGO DE COMPOSTELA |
| 15     | 405    | SINDO      | GONZÁLEZ C  | M-15   | MASBM-3   | 00:13:40   | 00:03:25 | 00:13:38    | 00:03:25   |             | SD COMPOS      | VIGO                    |
| 16     | 336    | JOSE MANUE | NIETO GONZ  | M-16   | MASBM-4   | 00:13:50   | 00:03:28 | 00:13:47    | 00:03:27   |             | Club atletismc | PORTO DO SON            |
| 17     | 409    | JOSE       | SANDA ARE   | M-17   | MASAM-3   | 00:13:51   | 00:03:28 | 00:13:47    | 00:03:27   |             | SD COMPOS      | TOURO                   |
| 18     | 322    | ADRIÁN     | CASTROAGL   | M-18   | MASAM-4   | 00:13:55   | 00:03:29 | 00:13:52    | 00:03:28   |             | Club atletismc | PONTECESURES            |
| 19     | 334    | ANGEL      | MACEIRAS L  | M-19   | MASBM-5   | 00:13:59   | 00:03:30 | 00:13:56    | 00:03:29   | AG2014771   | Club atletismc | CULLEREDO               |
| 20     | 321    | ADRIÁN     | FERNÁNDEZ   | M-20   | MASAM-5   | 00:14:00   | 00:03:30 | 00:13:57    | 00:03:30   |             | Club Atletismc | RIBADUMIA               |
| 21     | 305    | ALEJANDRO  | RODRIGUEZ   | M-21   | MASAM-6   | 00:14:12   | 00:03:33 | 00:14:08    | 00:03:32   |             | ACD PL COR     | CORUÑA (A)              |
| 22     | 342    | IGNACIO    | DEVESA PEC  | M-22   | MASBM-6   | 00:14:23   | 00:03:36 | 00:14:19    | 00:03:35   |             | CLUB DEPOF     | TEO                     |
| 23     | 325    | MIGUEL     | CABO VILLA  | M-23   | MASCM-1   | 00:14:25   | 00:03:37 | 00:14:21    | 00:03:36   | AG 763812   | Club Atletismc | SANTIAGO DE COMPOSTELA  |
| 24     | 326    | IVÁN       | CASAS FERN  | M-24   | S18M-4    | 00:14:26   | 00:03:37 | 00:14:22    | 00:03:36   |             | Club Atletismc | OROSO                   |
| 25     | 337    | RICARDO    | ROMAY ROD   | M-25   | MASAM-7   | 00:14:26   | 00:03:37 | 00:14:22    | 00:03:36   |             | Club atletismc | VALGA                   |
| 26     | 330    | MANUEL     | FIGUEIRA PÉ | M-26   | MASBM-7   | 00:14:28   | 00:03:37 | 00:14:25    | 00:03:37   | AG-2015895  | Club atletismc | PONTECESURES            |
| 27     | 367    | MARIO      | REBOREDO    | M-27   | SNM-8     | 00:14:28   | 00:03:37 | 00:14:23    | 00:03:36   |             | Club Triatlón  | (SANTIAGO DE COMPOSTELA |
| 28     | 313    | EDGAR MAN  | LÓPEZ BALE  | M-28   | MASBM-8   | 00:14:33   | 00:03:39 | 00:14:27    | 00:03:37   |             | BNZ RUN CL     | BOIRO                   |
| 29     | 323    | JOAQUÍN    | FERNANDEZ   | M-29   | MASAM-8   | 00:14:33   | 00:03:39 | 00:14:28    | 00:03:37   |             | Club atletismc | POIO                    |
| 30     | 333    | JOSÉ MANUE | LAGO CES    | M-30   | MASBM-9   | 00:14:39   | 00:03:40 | 00:14:35    | 00:03:39   | AG763847    | Club atletismc | CEE                     |
| 31     | 414    | MARIO      | ALCALDE RI  | M-31   | S18M-5    | 00:14:40   | 00:03:40 | 00:14:35    | 00:03:39   |             |                | RIANXO                  |
| 32     | 395    | PEDRO      | QUINTEIRO   | M-32   | MASAM-9   | 00:15:03   | 00:03:46 | 00:14:54    | 00:03:44   |             | Pedro          | PONTECESURES            |
| 33     | 472    | SERGIO     | RIVAS DE JE | M-33   | MASAM-10  | 00:15:12   | 00:03:48 | 00:15:00    | 00:03:45   |             |                | PADRÓN                  |
| 34     | 388    | YAGO       | MOROÑO LO   | M-34   | SNM-9     | 00:15:16   | 00:03:49 | 00:15:06    | 00:03:47   |             | Noitebra FC    | AMES                    |
| 35     | 478    | IKER       | VÁZQUEZ VÁ  | M-35   | S18M-6    | 00:15:20   | 00:03:50 | 00:15:13    | 00:03:49   |             |                | PADRÓN                  |
| 36     | 343    | DARIO      | GARCIA CAB  | M-36   | MASAM-11  | 00:15:24   | 00:03:51 | 00:15:14    | 00:03:49   | GA3825282   | CLUB DEPOF     | BRIÓN                   |
| 37     | 440    | ÁLVARO     | EITOR SUMA  | M-37   | SNM-10    | 00:15:25   | 00:03:52 | 00:15:04    | 00:03:46   |             |                | VALGA                   |
| 38     | 374    | LOIS       | CORTÉS MAI  | M-38   | S18M-7    | 00:15:30   | 00:03:53 | 00:15:20    | 00:03:50   |             | Fontes do Sa   | SANTIAGO DE COMPOSTELA  |
| 39     | 418    | JOSÉ VICEN | ARES LOREN  | M-39   | MASBM-10  | 00:15:33   | 00:03:54 | 00:15:18    | 00:03:50   |             |                | DODRO                   |
| 40     | 408    | NURIA      | MEJUTO FEF  | F-1    | MASAF-1   | 00:15:36   | 00:03:54 | 00:15:25    | 00:03:52   | AG9427      | SD COMPOS      | SANTIAGO DE COMPOSTELA  |
| 41     | 386    | MARCOS     | FERNÁNDEZ   | M-40   | MASAM-12  | 00:15:50   | 00:03:58 | 00:15:40    | 00:03:55   |             | Noitebra FC    | TEO                     |
| 42     | 338    | CÉSAR      | TABOADA MI  | M-41   | MASCM-2   | 00:15:52   | 00:03:58 | 00:15:48    | 00:03:57   | AG 768472   | Club atletismc | SANTIAGO DE COMPOSTELA  |
| 43     | 363    | NOEMI      | COUSELO MI  | F-2    | SNF-1     | 00:15:53   | 00:03:59 | 00:15:45    | 00:03:57   |             | Club Triatlón  | (SANTIAGO DE COMPOSTELA |
| 44     | 410    | MARÍA      | TARRIO MAR  | F-3    | MASBF-1   | 00:16:07   | 00:04:02 | 00:15:56    | 00:03:59   | GA709       | SD COMPOS      | AMES                    |
| 45     | 411    | XULIA      | VIDAL TUBÍ  | F-4    | S18F-1    | 00:16:08   | 00:04:02 | 00:16:01    | 00:04:01   |             | SD COMPOS      | RIANXO                  |
| 46     | 390    | MIGUEL ANX | NOGUEIRA F  | M-42   | MASBM-11  | 00:16:19   | 00:04:05 | 00:16:11    | 00:04:03   | GA-3776995- | Noitebra FC    | SANTIAGO DE COMPOSTELA  |
| 47     | 358    | EMILIO     | VILLAR CAR  | M-43   | S18M-8    | 00:16:21   | 00:04:06 | 00:16:18    | 00:04:05   |             | CLUB NAUTI     | VALGA                   |
| 48     | 353    | NEREA      | NOVO ROME   | F-5    | SNF-2     | 00:16:22   | 00:04:06 | 00:16:18    | 00:04:05   |             | CLUB NAUTI     | VALGA                   |
| 49     | 392    | LOLA       | VILLAR ALVI | F-6    | S18F-2    | 00:16:27   | 00:04:07 | 00:16:20    | 00:04:05   |             | Noitebra FC    | SANTIAGO DE COMPOSTELA  |
| 50     | 449    | IVAN       | IGLESIAS GA | M-44   | SNM-11    | 00:16:36   | 00:04:09 | 00:16:24    | 00:04:06   |             |                | VEDRA                   |
| 51     | 346    | JOSE ANTON | VIDAL GONZ  | M-45   | MASBM-12  | 00:16:38   | 00:04:10 | 00:16:31    | 00:04:08   | AG2024431   | CLUB DEPOF     | BRIÓN                   |
| 52     | 365    | IRMA       | GARCIA CAI  | F-7    | MASBF-2   | 00:16:39   | 00:04:10 | 00:16:31    | 00:04:08   |             | Club Triatlón  | (SANTIAGO DE COMPOSTELA |
| 53     | 332    | GUSTAVO    | GUILLÍN GÓ  | M-46   | MASBM-13  | 00:16:46   | 00:04:12 | 00:16:41    | 00:04:11   |             | Club atletismc | AMES                    |
| 54     | 430    | RUBÉN      | CASTIÑEIRA  | M-47   | SNM-12    | 00:16:46   | 00:04:12 | 00:16:26    | 00:04:07   |             |                | PONTECESURES            |
| 55     | 348    | FERNANDO   | NIETO DIZ   | M-48   | MASBM-14  | 00:16:48   | 00:04:12 | 00:16:32    | 00:04:08   | AG20307     | CLUB DEPOF     | SANTIAGO DE COMPOSTELA  |

|     |     |             |                  |          |          |          |          |          |           |                                       |
|-----|-----|-------------|------------------|----------|----------|----------|----------|----------|-----------|---------------------------------------|
| 56  | 349 | MANUEL      | FERNANDEZ M-49   | MASCM-3  | 00:16:57 | 00:04:15 | 00:16:51 | 00:04:13 | AG2020921 | CLUB DEPOF PONTEVEDRA                 |
| 57  | 324 | JAVIER      | ABAD BLANC M-50  | SNM-13   | 00:17:01 | 00:04:16 | 00:16:50 | 00:04:13 | GA23319   | Club Atletism SANTIAGO DE COMPOSTELA  |
| 58  | 457 | DAVID       | MACEIRA M-51     | MASAM-13 | 00:17:03 | 00:04:16 | 00:16:33 | 00:04:09 |           | AMES                                  |
| 59  | 475 | IVAN        | SUAREZ BAF M-52  | SNM-14   | 00:17:17 | 00:04:20 | 00:17:10 | 00:04:18 |           | AMES                                  |
| 60  | 476 | ABEL        | SUÁREZ MUÍ M-53  | SNM-15   | 00:17:17 | 00:04:20 | 00:17:01 | 00:04:16 |           | ORDES                                 |
| 61  | 406 | MARTINA     | LÓPEZ LÓPE F-8   | S18F-3   | 00:17:19 | 00:04:20 | 00:17:12 | 00:04:18 |           | SD COMPOS SANTIAGO DE COMPOSTELA      |
| 62  | 375 | ANXO        | MEDINA ROI M-54  | S18M-9   | 00:17:19 | 00:04:20 | 00:17:12 | 00:04:18 |           | Millaraio SANTIAGO DE COMPOSTELA      |
| 63  | 450 | LIROY       | JIMÉNEZ M-55     | MASAM-14 | 00:17:30 | 00:04:23 | 00:17:22 | 00:04:21 |           | BARRO                                 |
| 64  | 369 | ALEJANDRO   | RODRIGUEZ M-56   | SNM-16   | 00:17:32 | 00:04:23 | 00:17:21 | 00:04:21 |           | Club Triatlón (PADRÓN                 |
| 65  | 396 | LUIS MIGUEL | CANCELA G M-57   | MASBM-15 | 00:17:32 | 00:04:23 | 00:17:13 | 00:04:19 |           | Rungalicia.coi MORAÑA                 |
| 66  | 309 | RUBÉN       | FERNÁNDEZ M-58   | MASAM-15 | 00:17:36 | 00:04:24 | 00:17:17 | 00:04:20 |           | Moraña en Ri MORAÑA                   |
| 67  | 445 | GABRIEL     | GIL RODRÍG M-59  | S18M-10  | 00:17:39 | 00:04:25 | 00:17:16 | 00:04:19 |           | ESTRADA (A)                           |
| 68  | 439 | JAVIER      | DONO GERP M-60   | SNM-17   | 00:17:49 | 00:04:28 | 00:17:24 | 00:04:21 |           | ESTRADA (A)                           |
| 69  | 224 | LUCIA       | SALGADO A F-9    | SNF-3    | 00:17:50 | 00:04:28 | 00:17:45 | 00:04:27 |           | CALDAS DE REIS                        |
| 70  | 345 | REBECA      | LOPEZ MACI F-10  | SNF-4    | 00:18:00 | 00:04:30 | 00:17:50 | 00:04:28 |           | CLUB DEPOF BRIÓN                      |
| 71  | 329 | MANUEL      | CALVO GER M-61   | MASCM-4  | 00:18:14 | 00:04:34 | 00:18:01 | 00:04:31 | AG 766312 | Club atletismc MORAÑA                 |
| 72  | 466 | ALVARO      | NEIRA MOUF M-62  | SNM-18   | 00:18:18 | 00:04:35 | 00:18:06 | 00:04:32 |           | SANTIAGO DE COMPOSTELA                |
| 73  | 311 | NOELIA      | LOJO LÓPEZ F-11  | SNF-5    | 00:18:19 | 00:04:35 | 00:18:07 | 00:04:32 |           | BNZ RUN CL IRIANXO                    |
| 74  | 223 | CLARA       | BUGALLO C F-12   | SNF-6    | 00:18:20 | 00:04:35 | 00:18:15 | 00:04:34 |           | MORAÑA                                |
| 75  | 344 | DORIS IRIA  | IGLESIAS AN F-13 | SNF-7    | 00:18:41 | 00:04:41 | 00:18:30 | 00:04:38 | GA3784137 | CLUB DEPORTIVO BRION HYUPERSA         |
| 76  | 320 | VÍCTOR MAN  | ESPASANDÍN M-63  | SNM-19   | 00:18:41 | 00:04:41 | 00:18:26 | 00:04:37 |           | CLUB DEPOF NEGREIRA                   |
| 77  | 378 | CRISTIAN    | CESPON BRI M-64  | S18M-11  | 00:18:47 | 00:04:42 | 00:18:33 | 00:04:39 |           | Moraña en Ri CUNTIS                   |
| 78  | 360 | INES        | QUIÑOY BAL F-14  | MASAF-2  | 00:18:53 | 00:04:44 | 00:18:44 | 00:04:41 |           | Club Triatlón (TEO                    |
| 79  | 469 | VICTOR      | PEREZ M-65       | SNM-20   | 00:18:57 | 00:04:45 | 00:18:31 | 00:04:38 |           | LALÍN                                 |
| 80  | 391 | NOEMI       | VÁZQUEZ C F-15   | SNF-8    | 00:19:06 | 00:04:47 | 00:18:50 | 00:04:43 | AG20235   | Noitebra FC PONTECESURES              |
| 81  | 355 | MIGUEL      | PIÑEIRO BR M-66  | S18M-12  | 00:19:08 | 00:04:47 | 00:19:03 | 00:04:46 |           | CLUB NAUTII VALGA                     |
| 82  | 352 | RUBEN       | GOMEZ RIAL M-67  | SNM-21   | 00:19:23 | 00:04:51 | 00:19:12 | 00:04:48 |           | CLUB NAUTII DODRO                     |
| 83  | 379 | ENRIQUE     | MAGARIÑOS M-68   | S18M-13  | 00:19:30 | 00:04:53 | 00:19:16 | 00:04:49 |           | Moraña en Ri MORAÑA                   |
| 84  | 389 | FRANCISCO   | MOURE CAÑ M-69   | MASCM-5  | 00:19:34 | 00:04:54 | 00:19:19 | 00:04:50 |           | Noitebra FC SANTIAGO DE COMPOSTELA    |
| 85  | 435 | RAMÓN       | CORTÉS MAIM-70   | MASBM-16 | 00:19:44 | 00:04:56 | 00:19:25 | 00:04:52 |           | SANTIAGO DE COMPOSTELA                |
| 86  | 351 | MARCOS      | FRIEIRO OLI M-71 | S18M-14  | 00:20:01 | 00:05:01 | 00:19:57 | 00:05:00 |           | CLUB NAUTII PADRÓN                    |
| 87  | 382 | ANGEL       | RODRÍGUEZ M-72   | MASBM-17 | 00:20:06 | 00:05:02 | 00:19:47 | 00:04:57 |           | Moraña en Ri MORAÑA                   |
| 88  | 341 | ALEJANDRO   | CONDE CRE M-73   | SNM-22   | 00:20:09 | 00:05:03 | 00:19:44 | 00:04:56 |           | CLUB DEPOF ROIS                       |
| 89  | 423 | DAVID       | BUENO M-74       | SNM-23   | 00:20:10 | 00:05:03 | 00:19:54 | 00:04:59 |           | VILAGARCÍA DE AROUSA                  |
| 90  | 308 | MERCEDES    | CAMPOS EIR F-16  | MASBF-3  | 00:20:12 | 00:05:03 | 00:20:00 | 00:05:00 |           | Atletismo +9 MORAÑA                   |
| 91  | 458 | ROBERTO     | MAGARIÑOS M-75   | SNM-24   | 00:20:23 | 00:05:06 | 00:19:59 | 00:05:00 |           | VALGA                                 |
| 92  | 387 | RAÚL        | MARIÑO PEF M-76  | MASAM-16 | 00:20:23 | 00:05:06 | 00:20:06 | 00:05:02 | AG20236   | Noitebra FC PONTECESURES              |
| 93  | 461 | JOSÉ MANUE  | MARTÍNEZ R M-77  | MASBM-18 | 00:20:23 | 00:05:06 | 00:20:00 | 00:05:00 |           | PADRÓN                                |
| 94  | 314 | JOSÉ LUIS   | PADIN COUS M-78  | MASCM-6  | 00:20:29 | 00:05:08 | 00:20:06 | 00:05:02 |           | Club Atletismc SANXENXO               |
| 95  | 316 | XESUS M.    | RODRIGUEZ M-79   | MASCM-7  | 00:20:40 | 00:05:10 | 00:20:26 | 00:05:07 | AG-766068 | Club atletismc PONTECESURES           |
| 96  | 434 | SANTIAGO    | COLLAZO FR M-80  | SNM-25   | 00:20:51 | 00:05:13 | 00:20:21 | 00:05:06 |           | VALGA                                 |
| 97  | 366 | SONIA       | GONZALEZ S F-17  | MASBF-4  | 00:20:53 | 00:05:14 | 00:20:44 | 00:05:11 |           | Club Triatlón (SANTIAGO DE COMPOSTELA |
| 98  | 462 | NATALIA     | MIGUÉNS F-18     | SNF-9    | 00:20:55 | 00:05:14 | 00:20:39 | 00:05:10 |           | CAMPO LAMEIRO                         |
| 99  | 455 | BERTA       | LOUREIRO G F-19  | MASAF-3  | 00:20:59 | 00:05:15 | 00:20:39 | 00:05:10 |           | CATOIRA                               |
| 100 | 456 | JOSÉ ANTON  | LOUREIRO G M-81  | MASAM-17 | 00:20:59 | 00:05:15 | 00:20:39 | 00:05:10 |           | CATOIRA                               |
| 101 | 304 | ANXO        | RIVEIRO PO M-82  | MASAM-18 | 00:21:00 | 00:05:15 | 00:20:41 | 00:05:11 |           | A.C. A Estorn VALGA                   |
| 102 | 413 | IVAN        | ABAL PRADC M-83  | SNM-26   | 00:21:03 | 00:05:16 | 00:20:33 | 00:05:09 |           | RIBADUMIA                             |
| 103 | 303 | RICARDO     | RIAL M-84        | MASAM-19 | 00:21:04 | 00:05:16 | 00:20:44 | 00:05:11 |           | A.C. A Estorn PONTECESURES            |
| 104 | 383 | CELINA      | RODRÍGUEZ F-20   | MASCF-1  | 00:21:18 | 00:05:20 | 00:21:00 | 00:05:15 | AG 766311 | Moraña en Ri MORAÑA                   |
| 105 | 416 | ITZIAR      | ÁLVAREZ BE F-21  | SNF-10   | 00:21:25 | 00:05:22 | 00:21:01 | 00:05:16 |           | PONTEVEDRA                            |
| 106 | 451 | CIBRÁN      | LEAL FERNÁ M-85  | SNM-27   | 00:21:25 | 00:05:22 | 00:21:01 | 00:05:16 |           | POIO                                  |
| 107 | 432 | HUGO        | CASTROAGL M-86   | S18M-15  | 00:21:27 | 00:05:22 | 00:21:02 | 00:05:16 |           | PONTECESURES                          |
| 108 | 421 | OLALLA      | BEIROA ROD F-22  | SNF-11   | 00:21:36 | 00:05:24 | 00:21:29 | 00:05:23 |           | AMES                                  |
| 109 | 306 | ALBA        | MARTÍNEZ T F-23  | SNF-12   | 00:21:47 | 00:05:27 | 00:21:23 | 00:05:21 |           | Alba VALGA                            |
| 110 | 444 | TANIA       | GARCÍA SUE F-24  | SNF-13   | 00:21:51 | 00:05:28 | 00:21:32 | 00:05:23 |           | PADRÓN                                |
| 111 | 425 | LIDIA       | CAMPOS PEI F-25  | SNF-14   | 00:21:53 | 00:05:29 | 00:21:37 | 00:05:25 |           | PONTEDEUME                            |
| 112 | 471 | RAQUEL      | RIAL SEGADI F-26 | MASBF-5  | 00:21:54 | 00:05:29 | 00:21:41 | 00:05:26 |           | PONTEVEDRA                            |
| 113 | 483 | JESÚS ÁNGE  | VILLAR RODIM-87  | MASCM-8  | 00:21:57 | 00:05:30 | 00:21:47 | 00:05:27 |           | ARZÚA                                 |
| 114 | 482 | PATRICIA    | VILLAR GAR F-27  | MASAF-4  | 00:22:08 | 00:05:32 | 00:21:59 | 00:05:30 |           | TEO                                   |
| 115 | 442 | ALVARO      | GARCIA LEM M-88  | MASBM-19 | 00:22:22 | 00:05:36 | 00:21:53 | 00:05:29 |           | AMES                                  |
| 116 | 470 | ANA         | RAMA PAZO F-28   | MASAF-5  | 00:22:24 | 00:05:36 | 00:22:05 | 00:05:32 |           | BRIÓN                                 |
| 117 | 407 | MARÍA       | MAROÑAS F-29     | MASBF-6  | 00:22:28 | 00:05:37 | 00:22:06 | 00:05:32 | AG17678   | SD COMPOS NEGREIRA                    |

|     |                |                    |          |          |          |          |          |            |                |                        |
|-----|----------------|--------------------|----------|----------|----------|----------|----------|------------|----------------|------------------------|
| 118 | 399 RAÚL       | DA SILVA VIC M-89  | SNM-28   | 00:22:29 | 00:05:38 | 00:22:11 | 00:05:33 |            | S.D. Barbanti  | RIANXO                 |
| 119 | 429 FERNANDO   | CASAL COU M-90     | MASAM-20 | 00:22:43 | 00:05:41 | 00:22:27 | 00:05:37 |            |                | SANTIAGO DE COMPOSTELA |
| 120 | 419 CLAUDIA    | BALADO ALV F-30    | SNF-15   | 00:22:44 | 00:05:41 | 00:22:29 | 00:05:38 |            |                | CORUÑA (A)             |
| 121 | 335 XAIÑO      | MENDEZ FR M-91     | MASBM-20 | 00:22:57 | 00:05:45 | 00:22:31 | 00:05:38 |            | Club atletism  | BOIRO                  |
| 122 | 331 CAROLINA   | GONZÁLEZ C F-31    | MASBF-7  | 00:22:57 | 00:05:45 | 00:22:31 | 00:05:38 | AG2014721  | Club atletism  | BOIRO                  |
| 123 | 467 ALICIA     | NOGUEIRA F F-32    | MASAF-6  | 00:22:59 | 00:05:45 | 00:22:51 | 00:05:43 |            |                | VILAGARCÍA DE AROUSA   |
| 124 | 372 NEREA      | IGLESIAS GA F-33   | SNF-16   | 00:23:06 | 00:05:47 | 00:22:54 | 00:05:44 |            | Serres runner  | VEDRA                  |
| 125 | 371 SARAY      | VILLAVERDE F-34    | SNF-17   | 00:23:14 | 00:05:49 | 00:22:48 | 00:05:42 |            | Triatlon Rianx | PADRÓN                 |
| 126 | 400 JOSE       | NAVARRO AI M-92    | MASBM-21 | 00:23:17 | 00:05:50 | 00:22:59 | 00:05:45 | AG 2015070 | S.D. Barbanti  | BOIRO                  |
| 127 | 357 XOEL       | SECO GARC M-93     | S18M-16  | 00:23:18 | 00:05:50 | 00:22:58 | 00:05:45 |            | CLUB NAUTIC    | VALGA                  |
| 128 | 401 SARA       | ROO REY F-35       | SNF-18   | 00:23:18 | 00:05:50 | 00:23:01 | 00:05:46 |            | S.D. Barbanti  | BOIRO                  |
| 129 | 474 ROCIO      | ROSAL GOM F-36     | MASBF-8  | 00:23:30 | 00:05:53 | 00:23:21 | 00:05:51 |            |                | PORRIÑO (O)            |
| 130 | 356 ADELA      | PORTAS BOI F-37    | S18F-4   | 00:24:04 | 00:06:01 | 00:23:44 | 00:05:56 |            | CLUB NAUTIC    | VALGA                  |
| 131 | 307 MINERVA AN | LAGO LÓPEZ F-38    | SNF-19   | 00:24:18 | 00:06:05 | 00:24:06 | 00:06:02 |            | Asociación De  | CEE                    |
| 132 | 417 DAVID      | ALVAREZ PA M-94    | S18M-17  | 00:24:24 | 00:06:06 | 00:24:01 | 00:06:01 |            |                | ESTRADA (A)            |
| 133 | 427 RAUL       | CASAL AUTR M-95    | S18M-18  | 00:24:33 | 00:06:09 | 00:24:04 | 00:06:01 |            |                | PONTECESURES           |
| 134 | 428 JOSE MANUE | CASAL COUC M-96    | MASBM-22 | 00:24:34 | 00:06:09 | 00:24:05 | 00:06:02 |            |                | PONTECESURES           |
| 135 | 424 MIGUEL     | BUSTO MARI M-97    | SNM-29   | 00:24:36 | 00:06:09 | 00:24:17 | 00:06:05 |            |                | VALGA                  |
| 136 | 480 JACOBO     | VEIGA GONZ M-98    | MASAM-21 | 00:24:37 | 00:06:10 | 00:24:20 | 00:06:05 |            |                | SANTIAGO DE COMPOSTELA |
| 137 | 448 VERÓNICA   | GUTIERREZ F-39     | SNF-20   | 00:24:38 | 00:06:10 | 00:24:22 | 00:06:06 |            |                | SANTIAGO DE COMPOSTELA |
| 138 | 454 JOSÉ ANTON | LOUREIRO C M-99    | MASCM-9  | 00:24:44 | 00:06:11 | 00:24:38 | 00:06:10 |            |                | CATOIRA                |
| 139 | 465 CARLA      | NAVIA GONZ F-40    | S18F-5   | 00:24:52 | 00:06:13 | 00:24:27 | 00:06:07 |            |                | CAMBADOS               |
| 140 | 468 LAURA      | PADIN CHAV F-41    | S18F-6   | 00:24:53 | 00:06:14 | 00:24:28 | 00:06:07 |            |                | CAMBADOS               |
| 141 | 441 ANDREA     | GARCÍA CHE F-42    | MASAF-7  | 00:25:05 | 00:06:17 | 00:24:46 | 00:06:12 |            |                | PONTECESURES           |
| 142 | 436 ANA MARÍA  | CORTIZO RA F-43    | MASBF-9  | 00:25:10 | 00:06:18 | 00:24:40 | 00:06:10 |            |                | AMES                   |
| 143 | 420 JUAN FACUN | BARREIRO U M-100   | MASAM-22 | 00:25:34 | 00:06:24 | 00:25:21 | 00:06:21 |            |                | REDONDELA              |
| 144 | 431 ANAÍS      | CASTRO DEI F-44    | SNF-21   | 00:25:39 | 00:06:25 | 00:25:15 | 00:06:19 |            |                | BOIRO                  |
| 145 | 415 MARCOS     | ALDAO PERE M-101   | MASBM-23 | 00:25:41 | 00:06:26 | 00:25:24 | 00:06:21 |            |                | CARBALLO               |
| 146 | 398 MOISÉS     | CALVO VITUI M-102  | SNM-30   | 00:25:42 | 00:06:26 | 00:25:24 | 00:06:21 |            | S.D. Barbanti  | BOIRO                  |
| 147 | 481 ANTÍA      | VIDAL GARC F-45    | SNF-22   | 00:25:48 | 00:06:27 | 00:25:35 | 00:06:24 |            |                | REDONDELA              |
| 148 | 393 LUCÍA      | ANSEDES DC F-46    | MASCF-2  | 00:25:56 | 00:06:29 | 00:25:29 | 00:06:23 | AG 766167  | Noitebra FC    | SANTIAGO DE COMPOSTELA |
| 149 | 319 MARÍA      | PRIETO FER F-47    | SNF-23   | 00:25:57 | 00:06:30 | 00:25:46 | 00:06:27 |            | CLUB DEPOF     | BOQUEIXÓN              |
| 150 | 452 JORGE      | LOPEZ VITU F M-103 | SNM-31   | 00:26:17 | 00:06:35 | 00:25:59 | 00:06:30 |            |                | BOIRO                  |
| 151 | 463 PAMELA     | MIGUENS CA F-48    | SNF-24   | 00:26:17 | 00:06:35 | 00:26:00 | 00:06:30 |            |                | PONTECESURES           |
| 152 | 312 REBECA     | VILARIÑO F-49      | SNF-25   | 00:26:33 | 00:06:39 | 00:26:08 | 00:06:32 |            | BNZ RUN CL     | RIANXO                 |
| 153 | 447 JULIO      | GONZÁLEZ C M-104   | MASAM-23 | 00:26:38 | 00:06:40 | 00:26:07 | 00:06:32 |            |                | PONTEVEDRA             |
| 154 | 384 SONIA      | PRIETO MEI F-50    | MASAF-8  | 00:26:49 | 00:06:43 | 00:26:41 | 00:06:41 |            | NM FITNESS     | GROVE (O)              |
| 155 | 459 JOSE       | MAGARIÑOS M-105    | MASCM-10 | 00:27:05 | 00:06:47 | 00:26:41 | 00:06:41 |            |                | PONTECESURES           |
| 156 | 464 SALOMÉ     | MIRAMONTE F-51     | MASBF-10 | 00:27:05 | 00:06:47 | 00:26:38 | 00:06:40 |            |                | SANTIAGO DE COMPOSTELA |
| 157 | 376 ADRIÁN     | BENAVIDES IM-106   | SNM-32   | 00:27:46 | 00:06:57 | 00:27:14 | 00:06:49 |            | Mingurria Trai | ESTRADA (A)            |
| 158 | 377 LAURA      | CASTRO LEI F-52    | SNF-26   | 00:27:46 | 00:06:57 | 00:27:46 | 00:06:57 |            | Mingurria Trai | ESTRADA (A)            |
| 159 | 339 ELVIRA     | TRESGUERR F-53     | MASCF-3  | 00:29:47 | 00:07:27 | 00:29:20 | 00:07:20 |            | Club atletism  | AMES                   |
| 160 | 438 MARTA GAB  | DE MEDEIRC F-54    | MASAF-9  | 00:33:34 | 00:08:24 | 00:33:22 | 00:08:21 |            |                | ROIS                   |
| DSQ | 422 TOMAS MAN  | BOUZAS PEI M-0     | SNM-0    |          | 0        | 0        | 0        |            |                | PONTEVEDRA             |
| DNF | 402 HUGO       | DOMINGUEZ M-0      | S18M-0   |          | 0        | 0        | 0        |            | San miguel de  | BUEU                   |
| DNF | 460 CRISTINA   | MARIÑO FER F-0     | SNF-0    |          | 0        | 0        | 0        |            |                | PONTECESURES           |
| DNS | 301 MIGUEL     | BATALLA RIV M-0    | MASBM-0  |          | 0        | 0        | 0        |            | A.C. A Estorn  | PONTECESURES           |
| DNS | 302 RAQUEL     | GONZALEZ C F-0     | MASAF-0  |          | 0        | 0        | 0        |            | A.C. A Estorn  | VALGA                  |
| DNS | 310 MIGUEL     | SANTOMIL L M-0     | MASBM-0  |          | 0        | 0        | 0        | AG-2023940 | Club atletism  | PADRÓN                 |
| DNS | 318 JUAN       | ROMERO RC M-0      | MASAM-0  |          | 0        | 0        | 0        |            | Club Atletism  | BRIÓN                  |
| DNS | 347 DANI       | ANDRADE R M-0      | MASAM-0  |          | 0        | 0        | 0        |            | CLUB DEPOF     | BRIÓN                  |
| DNS | 354 SAMUEL     | PARIS ALFOI M-0    | S18M-0   |          | 0        | 0        | 0        |            | CLUB NAUTIC    | PADRON                 |
| DNS | 361 MARÍA      | CARBALLAL F-0      | SNF-0    |          | 0        | 0        | 0        |            | Club Triatlón  | VIVEIRO                |
| DNS | 368 JOSÉ MANUE | REY RODRÍG M-0     | MASCM-0  |          | 0        | 0        | 0        |            | Club Triatlón  | SANTIAGO DE COMPOSTELA |
| DNS | 373 JESÚS ANTC | MARTÍNEZ P M-0     | MASAM-0  |          | 0        | 0        | 0        |            | Eu mismo       | PADRÓN                 |
| DNS | 380 MANUEL     | MARTÍNEZ S M-0     | MASAM-0  |          | 0        | 0        | 0        |            | Moraña en Ri   | CUNTIS                 |
| DNS | 381 CHARO      | RAMOS MAG F-0      | MASAF-0  |          | 0        | 0        | 0        |            | Moraña en Ri   | CUNTIS                 |
| DNS | 385 SANDRA     | BLANCO CA F-0      | MASAF-0  |          | 0        | 0        | 0        |            | NM FITNESS     | GROVE (O)              |
| DNS | 394 VICTOR     | VÁZQUEZ ES M-0     | MASBM-0  |          | 0        | 0        | 0        |            | Ourense        | VILAGARCÍA DE AROUSA   |
| DNS | 397 NACHO      | FEIJOO TRA M-0     | MASBM-0  |          | 0        | 0        | 0        | SI         | RUNNING SF     | SANDIÁS                |
| DNS | 426 MARCOS     | CANDELERO M-0      | MASAM-0  |          | 0        | 0        | 0        |            |                | SANTIAGO DE COMPOSTELA |
| DNS | 433 LAURA      | CEBEY GARC F-0     | SNF-0    |          | 0        | 0        | 0        |            |                | AMES                   |

|     |                |                 |         |   |   |   |   |                |
|-----|----------------|-----------------|---------|---|---|---|---|----------------|
| DNS | 437 ANGELA     | COTÓN CON F-0   | SNF-0   | 0 | 0 | 0 | 0 | CATOIRA        |
| DNS | 443 NEREA      | GARCÍA PIÑE F-0 | SNF-0   | 0 | 0 | 0 | 0 | CALDAS DE REIS |
| DNS | 446 ALBA MARIA | GOMEZ TRIC F-0  | SNF-0   | 0 | 0 | 0 | 0 | CALDAS DE REIS |
| DNS | 453 DIEGO      | LORENZO C/M-0   | S18M-0  | 0 | 0 | 0 | 0 | ROIS           |
| DNS | 473 MANUEL     | RODRIGUEZ M-0   | MASCM-0 | 0 | 0 | 0 | 0 | VALGA          |
| DNS | 477 MARLENE    | VARELA SAN F-0  | SNF-0   | 0 | 0 | 0 | 0 | PONTEVEDRA     |
| DNS | 479 REBECA     | VEIGA CHAS F-0  | MASAF-0 | 0 | 0 | 0 | 0 | CANGAS         |

**XXV CARREIRA POPULAR DE PONTECESURES 2026**

ABSOLUTA 4K

Clasificación por Género

**Masculino**

| Puesto | Géne | Dorsal | Nombre     | Apellidos   | Categoría | T. Oficial | Ritmo    | Tiempo Neto | Ritmo Neto | Licencia | Club            | Localidad              |
|--------|------|--------|------------|-------------|-----------|------------|----------|-------------|------------|----------|-----------------|------------------------|
| 1      |      | 327    | DANIEL     | MANEIRO TE  | S18M-1    | 00:12:23   | 00:03:06 | 00:12:22    | 00:03:06   |          | Club Atletismc  | TEO                    |
| 2      |      | 362    | ANDRES     | CENDAN LLC  | SNM-1     | 00:12:31   | 00:03:08 | 00:12:30    | 00:03:08   |          | Club Triatlón ( | SANTIAGO DE COMPOSTELA |
| 3      |      | 404    | CARLOS     | FRAGA ADRI  | MASAM-1   | 00:12:54   | 00:03:14 | 00:12:51    | 00:03:13   |          | SD COMPOS       | AMES                   |
| 4      |      | 317    | ARTURO     | PONTE ÁLVA  | SNM-2     | 00:12:54   | 00:03:14 | 00:12:52    | 00:03:13   |          | Club Atletismc  | SANTIAGO DE COMPOSTELA |
| 5      |      | 315    | MAURO      | FUENTES SC  | S18M-2    | 00:12:56   | 00:03:14 | 00:12:54    | 00:03:14   |          | Club Atletismc  | AMES                   |
| 6      |      | 350    | JESÚS      | PATÍÑO RÍO  | S18M-3    | 00:12:58   | 00:03:15 | 00:12:57    | 00:03:15   |          | Club Natación   | RIBEIRA                |
| 7      |      | 403    | ELOY       | CASTRO TIE  | SNM-3     | 00:13:07   | 00:03:17 | 00:13:05    | 00:03:17   |          | SD COMPOS       | SANTIAGO DE COMPOSTELA |
| 8      |      | 364    | DAVID      | CUTRÍN LÓP  | MASAM-2   | 00:13:11   | 00:03:18 | 00:13:08    | 00:03:17   |          | Club Triatlón ( | SANTIAGO DE COMPOSTELA |
| 9      |      | 370    | DIEGO      | SANTIAGO R  | SNM-4     | 00:13:14   | 00:03:19 | 00:13:11    | 00:03:18   |          | Club Triatlón ( | VILAGARCÍA DE AROUSA   |
| 10     |      | 328    | DAVID      | TOIMIL PLAZ | SNM-5     | 00:13:16   | 00:03:19 | 00:13:14    | 00:03:19   |          | Club Atletismc  | SANTIAGO DE COMPOSTELA |
| 11     |      | 340    | EFRÉN      | CAPELO VIEI | SNM-6     | 00:13:19   | 00:03:20 | 00:13:16    | 00:03:19   |          | CLUB DEPOF      | AMES                   |
| 12     |      | 21     | ARMANDO    | CALVO CES   | MASBM-1   | 00:13:33   | 00:03:24 | 00:13:29    | 00:03:23   |          | Club atletismc  | RIANXO                 |
| 13     |      | 412    | MATEO      | VIDAL VÁZQ  | SNM-7     | 00:13:34   | 00:03:24 | 00:13:29    | 00:03:23   |          | TRIBU TRAIL     | PADRÓN                 |
| 14     |      | 359    | ALBERTO    | DOPAZO MIC  | MASBM-2   | 00:13:38   | 00:03:25 | 00:13:36    | 00:03:24   |          | Club Triatlón ( | SANTIAGO DE COMPOSTELA |
| 15     |      | 405    | SINDO      | GONZÁLEZ C  | MASBM-3   | 00:13:40   | 00:03:25 | 00:13:38    | 00:03:25   |          | SD COMPOS       | VIGO                   |
| 16     |      | 336    | JOSE MANUE | NIETO GONZ  | MASBM-4   | 00:13:50   | 00:03:28 | 00:13:47    | 00:03:27   |          | Club atletismc  | PORTO DO SON           |
| 17     |      | 409    | JOSE       | SANDA ARE   | MASAM-3   | 00:13:51   | 00:03:28 | 00:13:47    | 00:03:27   |          | SD COMPOS       | TOURO                  |
| 18     |      | 322    | ADRIÁN     | CASTROAGL   | MASAM-4   | 00:13:55   | 00:03:29 | 00:13:52    | 00:03:28   |          | Club atletismc  | PONTECESURES           |
| 19     |      | 334    | ANGEL      | MACEIRAS L  | MASBM-5   | 00:13:59   | 00:03:30 | 00:13:56    | 00:03:29   |          | Club atletismc  | CULLEREDO              |
| 20     |      | 321    | ADRIÁN     | FERNÁNDEZ   | MASAM-5   | 00:14:00   | 00:03:30 | 00:13:57    | 00:03:30   |          | Club Atletismc  | RIBADUMIA              |
| 21     |      | 305    | ALEJANDRO  | RODRIGUEZ   | MASAM-6   | 00:14:12   | 00:03:33 | 00:14:08    | 00:03:32   |          | ACD PL COR      | CORUÑA (A)             |
| 22     |      | 342    | IGNACIO    | DEVESA PEC  | MASBM-6   | 00:14:23   | 00:03:36 | 00:14:19    | 00:03:35   |          | CLUB DEPOF      | TEO                    |
| 23     |      | 325    | MIGUEL     | CABO VILLA  | MASCM-1   | 00:14:25   | 00:03:37 | 00:14:21    | 00:03:36   |          | Club Atletismc  | SANTIAGO DE COMPOSTELA |
| 24     |      | 326    | IVÁN       | CASAS FERN  | S18M-4    | 00:14:26   | 00:03:37 | 00:14:22    | 00:03:36   |          | Club Atletismc  | OROSO                  |
| 25     |      | 337    | RICARDO    | ROMAY ROD   | MASAM-7   | 00:14:26   | 00:03:37 | 00:14:22    | 00:03:36   |          | Club atletismc  | VALGA                  |
| 26     |      | 330    | MANUEL     | FIGUEIRA PÉ | MASBM-7   | 00:14:28   | 00:03:37 | 00:14:25    | 00:03:37   |          | Club atletismc  | PONTECESURES           |
| 27     |      | 367    | MARIO      | REBOREDO    | SNM-8     | 00:14:28   | 00:03:37 | 00:14:23    | 00:03:36   |          | Club Triatlón ( | SANTIAGO DE COMPOSTELA |
| 28     |      | 313    | EDGAR MAN  | LÓPEZ BALE  | MASBM-8   | 00:14:33   | 00:03:39 | 00:14:27    | 00:03:37   |          | BNZ RUN CL      | BOIRO                  |
| 29     |      | 323    | JOAQUÍN    | FERNANDEZ   | MASAM-8   | 00:14:33   | 00:03:39 | 00:14:28    | 00:03:37   |          | Club atletismc  | POIO                   |
| 30     |      | 333    | JOSÉ MANUE | LAGO CES    | MASBM-9   | 00:14:39   | 00:03:40 | 00:14:35    | 00:03:39   |          | Club atletismc  | CEE                    |
| 31     |      | 414    | MARIO      | ALCALDE RI  | S18M-5    | 00:14:40   | 00:03:40 | 00:14:35    | 00:03:39   |          |                 | RIANXO                 |
| 32     |      | 395    | PEDRO      | QUINTEIRO I | MASAM-9   | 00:15:03   | 00:03:46 | 00:14:54    | 00:03:44   |          | Pedro           | PONTECESURES           |
| 33     |      | 472    | SERGIO     | RIVAS DE JE | MASAM-10  | 00:15:12   | 00:03:48 | 00:15:00    | 00:03:45   |          |                 | PADRÓN                 |
| 34     |      | 388    | YAGO       | MOROÑO LC   | SNM-9     | 00:15:16   | 00:03:49 | 00:15:06    | 00:03:47   |          | Noitebra FC     | AMES                   |
| 35     |      | 478    | IKER       | VÁZQUEZ VÁ  | S18M-6    | 00:15:20   | 00:03:50 | 00:15:13    | 00:03:49   |          |                 | PADRÓN                 |
| 36     |      | 343    | DARIO      | GARCIA CAB  | MASAM-11  | 00:15:24   | 00:03:51 | 00:15:14    | 00:03:49   |          | CLUB DEPOF      | BRIÓN                  |
| 37     |      | 440    | ÁLVARO     | EITOR SUMA  | SNM-10    | 00:15:25   | 00:03:52 | 00:15:04    | 00:03:46   |          |                 | VALGA                  |
| 38     |      | 374    | LOIS       | CORTÉS MAI  | S18M-7    | 00:15:30   | 00:03:53 | 00:15:20    | 00:03:50   |          | Fontes do Sar   | SANTIAGO DE COMPOSTELA |
| 39     |      | 418    | JOSÉ VICEN | ARES LOREI  | MASBM-10  | 00:15:33   | 00:03:54 | 00:15:18    | 00:03:50   |          |                 | DODRO                  |
| 40     |      | 386    | MARCOS     | FERNÁNDEZ   | MASAM-12  | 00:15:50   | 00:03:58 | 00:15:40    | 00:03:55   |          | Noitebra FC     | TEO                    |
| 41     |      | 338    | CÉSAR      | TABOADA MI  | MASCM-2   | 00:15:52   | 00:03:58 | 00:15:48    | 00:03:57   |          | Club atletismc  | SANTIAGO DE COMPOSTELA |
| 42     |      | 390    | MIGUEL ANX | NOGUEIRA F  | MASBM-11  | 00:16:19   | 00:04:05 | 00:16:11    | 00:04:03   |          | Noitebra FC     | SANTIAGO DE COMPOSTELA |
| 43     |      | 358    | EMILIO     | VILLAR CAR  | S18M-8    | 00:16:21   | 00:04:06 | 00:16:18    | 00:04:05   |          | CLUB NAUTIC     | VALGA                  |
| 44     |      | 449    | IVAN       | IGLESIAS GA | SNM-11    | 00:16:36   | 00:04:09 | 00:16:24    | 00:04:06   |          |                 | VEDRA                  |
| 45     |      | 346    | JOSE ANTON | VIDAL GONZ  | MASBM-12  | 00:16:38   | 00:04:10 | 00:16:31    | 00:04:08   |          | CLUB DEPOF      | BRIÓN                  |
| 46     |      | 332    | GUSTAVO    | GUILLÍN GÓ  | MASBM-13  | 00:16:46   | 00:04:12 | 00:16:41    | 00:04:11   |          | Club atletismc  | AMES                   |
| 47     |      | 430    | RUBÉN      | CASTIÑEIRA  | SNM-12    | 00:16:46   | 00:04:12 | 00:16:26    | 00:04:07   |          |                 | PONTECESURES           |
| 48     |      | 348    | FERNANDO   | NIETO DIZ   | MASBM-14  | 00:16:48   | 00:04:12 | 00:16:32    | 00:04:08   |          | CLUB DEPOF      | SANTIAGO DE COMPOSTELA |
| 49     |      | 349    | MANUEL     | FERNANDEZ   | MASCM-3   | 00:16:57   | 00:04:15 | 00:16:51    | 00:04:13   |          | CLUB DEPOF      | PONTEVEDRA             |
| 50     |      | 324    | JAVIER     | ABAD BLANC  | SNM-13    | 00:17:01   | 00:04:16 | 00:16:50    | 00:04:13   |          | Club Atletismc  | SANTIAGO DE COMPOSTELA |
| 51     |      | 457    | DAVID      | MACEIRA     | MASAM-13  | 00:17:03   | 00:04:16 | 00:16:33    | 00:04:09   |          |                 | AMES                   |
| 52     |      | 475    | IVAN       | SUAREZ BAF  | SNM-14    | 00:17:17   | 00:04:20 | 00:17:10    | 00:04:18   |          |                 | AMES                   |
| 53     |      | 476    | ABEL       | SUÁREZ MUÍ  | SNM-15    | 00:17:17   | 00:04:20 | 00:17:01    | 00:04:16   |          |                 | ORDES                  |
| 54     |      | 375    | ANXO       | MEDINA RO   | S18M-9    | 00:17:19   | 00:04:20 | 00:17:12    | 00:04:18   |          | Millaraio       | SANTIAGO DE COMPOSTELA |

|     |                 |              |          |          |          |          |          |                                       |
|-----|-----------------|--------------|----------|----------|----------|----------|----------|---------------------------------------|
| 55  | 450 LIROY       | JIMÉNEZ      | MASAM-14 | 00:17:30 | 00:04:23 | 00:17:22 | 00:04:21 | BARRO                                 |
| 56  | 369 ALEJANDRO   | RODRIGUEZ    | SNM-16   | 00:17:32 | 00:04:23 | 00:17:21 | 00:04:21 | Club Triatlón (PADRÓN                 |
| 57  | 396 LUIS MIGUEL | CANCELA G    | MASBM-15 | 00:17:32 | 00:04:23 | 00:17:13 | 00:04:19 | Rungalicia.co MORAÑA                  |
| 58  | 309 RUBÉN       | FERNÁNDEZ    | MASAM-15 | 00:17:36 | 00:04:24 | 00:17:17 | 00:04:20 | Moraña en R MORAÑA                    |
| 59  | 445 GABRIEL     | GIL RODRÍG   | S18M-10  | 00:17:39 | 00:04:25 | 00:17:16 | 00:04:19 | ESTRADA (A)                           |
| 60  | 439 JAVIER      | DONO GER     | SNM-17   | 00:17:49 | 00:04:28 | 00:17:24 | 00:04:21 | ESTRADA (A)                           |
| 61  | 329 MANUEL      | CALVO GER    | MASCM-4  | 00:18:14 | 00:04:34 | 00:18:01 | 00:04:31 | Club atletismc MORAÑA                 |
| 62  | 466 ALVARO      | NEIRA MOU    | SNM-18   | 00:18:18 | 00:04:35 | 00:18:06 | 00:04:32 | SANTIAGO DE COMPOSTELA                |
| 63  | 320 VÍCTOR MAN  | ESPASANDÍ    | SNM-19   | 00:18:41 | 00:04:41 | 00:18:26 | 00:04:37 | CLUB DEPOF NEGREIRA                   |
| 64  | 378 CRISTIAN    | CESPON BR    | S18M-11  | 00:18:47 | 00:04:42 | 00:18:33 | 00:04:39 | Moraña en R CUNTIS                    |
| 65  | 469 VICTOR      | PEREZ        | SNM-20   | 00:18:57 | 00:04:45 | 00:18:31 | 00:04:38 | LALÍN                                 |
| 66  | 355 MIGUEL      | PIÑEIRO BR   | S18M-12  | 00:19:08 | 00:04:47 | 00:19:03 | 00:04:46 | CLUB NAUTIC VALGA                     |
| 67  | 352 RUBEN       | GOMEZ RIAL   | SNM-21   | 00:19:23 | 00:04:51 | 00:19:12 | 00:04:48 | CLUB NAUTIC DODRO                     |
| 68  | 379 ENRIQUE     | MAGARIÑOS    | S18M-13  | 00:19:30 | 00:04:53 | 00:19:16 | 00:04:49 | Moraña en R MORAÑA                    |
| 69  | 389 FRANCISCO   | MOURE CAÑ    | MASCM-5  | 00:19:34 | 00:04:54 | 00:19:19 | 00:04:50 | Noitebra FC SANTIAGO DE COMPOSTELA    |
| 70  | 435 RAMÓN       | CORTÉS MA    | MASBM-16 | 00:19:44 | 00:04:56 | 00:19:25 | 00:04:52 | SANTIAGO DE COMPOSTELA                |
| 71  | 351 MARCOS      | FRIEIRO OLI  | S18M-14  | 00:20:01 | 00:05:01 | 00:19:57 | 00:05:00 | CLUB NAUTIC PADRÓN                    |
| 72  | 382 ANGEL       | RODRÍGUEZ    | MASBM-17 | 00:20:06 | 00:05:02 | 00:19:47 | 00:04:57 | Moraña en R MORAÑA                    |
| 73  | 341 ALEJANDRO   | CONDE CRE    | SNM-22   | 00:20:09 | 00:05:03 | 00:19:44 | 00:04:56 | CLUB DEPOF ROIS                       |
| 74  | 423 DAVID       | BUENO        | SNM-23   | 00:20:10 | 00:05:03 | 00:19:54 | 00:04:59 | VILAGARCÍA DE AROUSA                  |
| 75  | 458 ROBERTO     | MAGARIÑOS    | SNM-24   | 00:20:23 | 00:05:06 | 00:19:59 | 00:05:00 | VALGA                                 |
| 76  | 387 RAÚL        | MARIÑO PE    | MASAM-16 | 00:20:23 | 00:05:06 | 00:20:06 | 00:05:02 | Noitebra FC PONTECESURES              |
| 77  | 461 JOSÉ MANU   | MARTÍNEZ R   | MASBM-18 | 00:20:23 | 00:05:06 | 00:20:00 | 00:05:00 | PADRÓN                                |
| 78  | 314 JOSÉ LUIS   | PADIN COU    | MASCM-6  | 00:20:29 | 00:05:08 | 00:20:06 | 00:05:02 | Club Atletismc SANXENXO               |
| 79  | 316 XESUS M.    | RODRIGUEZ    | MASCM-7  | 00:20:40 | 00:05:10 | 00:20:26 | 00:05:07 | Club atletismc PONTECESURES           |
| 80  | 434 SANTIAGO    | COLLAZO FR   | SNM-25   | 00:20:51 | 00:05:13 | 00:20:21 | 00:05:06 | VALGA                                 |
| 81  | 456 JOSÉ ANTON  | LOUREIRO G   | MASAM-17 | 00:20:59 | 00:05:15 | 00:20:39 | 00:05:10 | CATOIRA                               |
| 82  | 304 ANXO        | RIVEIRO PO   | MASAM-18 | 00:21:00 | 00:05:15 | 00:20:41 | 00:05:11 | A.C. A Estorn VALGA                   |
| 83  | 413 IVAN        | ABAL PRADC   | SNM-26   | 00:21:03 | 00:05:16 | 00:20:33 | 00:05:09 | RIBADUMIA                             |
| 84  | 303 RICARDO     | RIAL         | MASAM-19 | 00:21:04 | 00:05:16 | 00:20:44 | 00:05:11 | A.C. A Estorn PONTECESURES            |
| 85  | 451 CIBRÁN      | LEAL FERNÁ   | SNM-27   | 00:21:25 | 00:05:22 | 00:21:01 | 00:05:16 | POIO                                  |
| 86  | 432 HUGO        | CASTROAGL    | S18M-15  | 00:21:27 | 00:05:22 | 00:21:02 | 00:05:16 | PONTECESURES                          |
| 87  | 483 JESÚS ÁNGE  | VILLAR RODI  | MASCM-8  | 00:21:57 | 00:05:30 | 00:21:47 | 00:05:27 | ARZÚA                                 |
| 88  | 442 ALVARO      | GARCIA LEM   | MASBM-19 | 00:22:22 | 00:05:36 | 00:21:53 | 00:05:29 | AMES                                  |
| 89  | 399 RAÚL        | DA SILVA VIE | SNM-28   | 00:22:29 | 00:05:38 | 00:22:11 | 00:05:33 | S.D. Barbanti RIANXO                  |
| 90  | 429 FERNANDO    | CASAL COU    | MASAM-20 | 00:22:43 | 00:05:41 | 00:22:27 | 00:05:37 | SANTIAGO DE COMPOSTELA                |
| 91  | 335 XAIÑO       | MENDEZ FR    | MASBM-20 | 00:22:57 | 00:05:45 | 00:22:31 | 00:05:38 | Club atletismc BOIRO                  |
| 92  | 400 JOSE        | NAVARRO AI   | MASBM-21 | 00:23:17 | 00:05:50 | 00:22:59 | 00:05:45 | S.D. Barbanti BOIRO                   |
| 93  | 357 XOEL        | SECO GARC    | S18M-16  | 00:23:18 | 00:05:50 | 00:22:58 | 00:05:45 | CLUB NAUTIC VALGA                     |
| 94  | 417 DAVID       | ALVAREZ PA   | S18M-17  | 00:24:24 | 00:06:06 | 00:24:01 | 00:06:01 | ESTRADA (A)                           |
| 95  | 427 RAUL        | CASAL AUTR   | S18M-18  | 00:24:33 | 00:06:09 | 00:24:04 | 00:06:01 | PONTECESURES                          |
| 96  | 428 JOSE MANU   | CASAL COU    | MASBM-22 | 00:24:34 | 00:06:09 | 00:24:05 | 00:06:02 | PONTECESURES                          |
| 97  | 424 MIGUEL      | BUSTO MAR    | SNM-29   | 00:24:36 | 00:06:09 | 00:24:17 | 00:06:05 | VALGA                                 |
| 98  | 480 JACOBO      | VEIGA GONZ   | MASAM-21 | 00:24:37 | 00:06:10 | 00:24:20 | 00:06:05 | SANTIAGO DE COMPOSTELA                |
| 99  | 454 JOSÉ ANTON  | LOUREIRO C   | MASCM-9  | 00:24:44 | 00:06:11 | 00:24:38 | 00:06:10 | CATOIRA                               |
| 100 | 420 JUAN FACU   | BARREIRO U   | MASAM-22 | 00:25:34 | 00:06:24 | 00:25:21 | 00:06:21 | REDONDELA                             |
| 101 | 415 MARCOS      | ALDAO PERE   | MASBM-23 | 00:25:41 | 00:06:26 | 00:25:24 | 00:06:21 | CARBALLO                              |
| 102 | 398 MOISÉS      | CALVO VITU   | SNM-30   | 00:25:42 | 00:06:26 | 00:25:24 | 00:06:21 | S.D. Barbanti BOIRO                   |
| 103 | 452 JORGE       | LOPEZ VITU   | SNM-31   | 00:26:17 | 00:06:35 | 00:25:59 | 00:06:30 | BOIRO                                 |
| 104 | 447 JULIO       | GONZÁLEZ C   | MASAM-23 | 00:26:38 | 00:06:40 | 00:26:07 | 00:06:32 | PONTEVEDRA                            |
| 105 | 459 JOSE        | MAGARIÑOS    | MASCM-10 | 00:27:05 | 00:06:47 | 00:26:41 | 00:06:41 | PONTECESURES                          |
| 106 | 376 ADRIÁN      | BENAVIDES    | SNM-32   | 00:27:46 | 00:06:57 | 00:27:14 | 00:06:49 | Mingurria Trai ESTRADA (A)            |
| DSQ | 422 TOMAS MAN   | BOUZAS PE    | SNM-0    |          |          |          |          | PONTEVEDRA                            |
| DNF | 402 HUGO        | DOMINGUEZ    | S18M-0   |          |          |          |          | San miguel de BUEU                    |
| DNS | 301 MIGUEL      | BATALLA RI   | MASBM-0  |          |          |          |          | A.C. A Estorn PONTECESURES            |
| DNS | 310 MIGUEL      | SANTOMIL L   | MASBM-0  |          |          |          |          | Club atletismc PADRÓN                 |
| DNS | 318 JUAN        | ROMERO RC    | MASAM-0  |          |          |          |          | Club Atletismc BRIÓN                  |
| DNS | 347 DANI        | ANDRADE R    | MASAM-0  |          |          |          |          | CLUB DEPOF BRIÓN                      |
| DNS | 354 SAMUEL      | PARIS ALFO   | S18M-0   |          |          |          |          | CLUB NAUTIC PADRON                    |
| DNS | 368 JOSÉ MANU   | REY RODRÍ    | MASCM-0  |          |          |          |          | Club Triatlón (SANTIAGO DE COMPOSTELA |
| DNS | 373 JESÚS ANTC  | MARTÍNEZ P   | MASAM-0  |          |          |          |          | Eu mismo PADRÓN                       |
| DNS | 380 MANUEL      | MARTÍNEZ S   | MASAM-0  |          |          |          |          | Moraña en R CUNTIS                    |

|     |            |                    |            |                        |
|-----|------------|--------------------|------------|------------------------|
| DNS | 394 VICTOR | VÁZQUEZ ES MASBM-0 | Ourense    | VILAGARCÍA DE AROUSA   |
| DNS | 397 NACHO  | FEIJOO TRA MASBM-0 | RUNNING SF | SANDIÁS                |
| DNS | 426 MARCOS | CANDELERO MASAM-0  |            | SANTIAGO DE COMPOSTELA |
| DNS | 453 DIEGO  | LORENZO C/ S18M-0  |            | ROIS                   |
| DNS | 473 MANUEL | RODRIGUEZ MASCM-0  |            | VALGA                  |

**Femenino**

| Puesto | Géne | Dorsal | Nombre     | Apellidos   | Categoría | T. Oficial | Ritmo    | Tiempo Neto | Ritmo Neto | Licencia | Club                 | Localidad               |
|--------|------|--------|------------|-------------|-----------|------------|----------|-------------|------------|----------|----------------------|-------------------------|
| 1      |      | 408    | NURIA      | MEJUTO FEF  | MASAF-1   | 00:15:36   | 00:03:54 | 00:15:25    | 00:03:52   |          | SD COMPOS            | SANTIAGO DE COMPOSTELA  |
| 2      |      | 363    | NOEMI      | COUSELO M   | SNF-1     | 00:15:53   | 00:03:59 | 00:15:45    | 00:03:57   |          | Club Triatlón        | (SANTIAGO DE COMPOSTELA |
| 3      |      | 410    | MARÍA      | TARRIO MAF  | MASBF-1   | 00:16:07   | 00:04:02 | 00:15:56    | 00:03:59   |          | SD COMPOS            | AMES                    |
| 4      |      | 411    | XULIA      | VIDAL TUBÍO | S18F-1    | 00:16:08   | 00:04:02 | 00:16:01    | 00:04:01   |          | SD COMPOS            | RIANXO                  |
| 5      |      | 353    | NEREA      | NOVO ROME   | SNF-2     | 00:16:22   | 00:04:06 | 00:16:18    | 00:04:05   |          | CLUB NAUTII          | VALGA                   |
| 6      |      | 392    | LOLA       | VILLAR ALVI | S18F-2    | 00:16:27   | 00:04:07 | 00:16:20    | 00:04:05   |          | Noitebra FC          | SANTIAGO DE COMPOSTELA  |
| 7      |      | 365    | IRMA       | GARCIA CAI  | MASBF-2   | 00:16:39   | 00:04:10 | 00:16:31    | 00:04:08   |          | Club Triatlón        | (SANTIAGO DE COMPOSTELA |
| 8      |      | 406    | MARTINA    | LÓPEZ LÓPE  | S18F-3    | 00:17:19   | 00:04:20 | 00:17:12    | 00:04:18   |          | SD COMPOS            | SANTIAGO DE COMPOSTELA  |
| 9      |      | 224    | LUCIA      | SALGADO A   | SNF-3     | 00:17:50   | 00:04:28 | 00:17:45    | 00:04:27   |          |                      | CALDAS DE REIS          |
| 10     |      | 345    | REBECA     | LOPEZ MACI  | SNF-4     | 00:18:00   | 00:04:30 | 00:17:50    | 00:04:28   |          | CLUB DEPOF           | BRIÓN                   |
| 11     |      | 311    | NOELIA     | LOJO LÓPEZ  | SNF-5     | 00:18:19   | 00:04:35 | 00:18:07    | 00:04:32   |          | BNZ RUN CL           | RIANXO                  |
| 12     |      | 223    | CLARA      | BUGALLO C/  | SNF-6     | 00:18:20   | 00:04:35 | 00:18:15    | 00:04:34   |          |                      | MORAÑA                  |
| 13     |      | 344    | DORIS IRIA | IGLESIAS A  | SNF-7     | 00:18:41   | 00:04:41 | 00:18:30    | 00:04:38   |          | CLUB DEPORTIVO BRION | HYUPERSA                |
| 14     |      | 360    | INES       | QUIÑOY BAL  | MASAF-2   | 00:18:53   | 00:04:44 | 00:18:44    | 00:04:41   |          | Club Triatlón        | (TEO                    |
| 15     |      | 391    | NOEMI      | VÁZQUEZ C/  | SNF-8     | 00:19:06   | 00:04:47 | 00:18:50    | 00:04:43   |          | Noitebra FC          | PONTECESURES            |
| 16     |      | 308    | MERCEDES   | CAMPOS EIR  | MASBF-3   | 00:20:12   | 00:05:03 | 00:20:00    | 00:05:00   |          | Atletismo +9         | MORAÑA                  |
| 17     |      | 366    | SONIA      | GONZALEZ S  | MASBF-4   | 00:20:53   | 00:05:14 | 00:20:44    | 00:05:11   |          | Club Triatlón        | (SANTIAGO DE COMPOSTELA |
| 18     |      | 462    | NATALIA    | MIGUÉNS     | SNF-9     | 00:20:55   | 00:05:14 | 00:20:39    | 00:05:10   |          |                      | CAMPO LAMEIRO           |
| 19     |      | 455    | BERTA      | LOUREIRO G  | MASAF-3   | 00:20:59   | 00:05:15 | 00:20:39    | 00:05:10   |          |                      | CATOIRA                 |
| 20     |      | 383    | CELINA     | RODRÍGUEZ   | MASCF-1   | 00:21:18   | 00:05:20 | 00:21:00    | 00:05:15   |          | Moraña en R          | MORAÑA                  |
| 21     |      | 416    | ITZIAR     | ÁLVAREZ BE  | SNF-10    | 00:21:25   | 00:05:22 | 00:21:01    | 00:05:16   |          |                      | PONTEVEDRA              |
| 22     |      | 421    | OLALLA     | BEIROA ROC  | SNF-11    | 00:21:36   | 00:05:24 | 00:21:29    | 00:05:23   |          |                      | AMES                    |
| 23     |      | 306    | ALBA       | MARTÍNEZ T  | SNF-12    | 00:21:47   | 00:05:27 | 00:21:23    | 00:05:21   |          | Alba                 | VALGA                   |
| 24     |      | 444    | TANIA      | GARCÍA SUE  | SNF-13    | 00:21:51   | 00:05:28 | 00:21:32    | 00:05:23   |          |                      | PADRÓN                  |
| 25     |      | 425    | LIDIA      | CAMPOS PEI  | SNF-14    | 00:21:53   | 00:05:29 | 00:21:37    | 00:05:25   |          |                      | PONTEDEUME              |
| 26     |      | 471    | RAQUEL     | RIAL SEGAD  | MASBF-5   | 00:21:54   | 00:05:29 | 00:21:41    | 00:05:26   |          |                      | PONTEVEDRA              |
| 27     |      | 482    | PATRICIA   | VILLAR GAR  | MASAF-4   | 00:22:08   | 00:05:32 | 00:21:59    | 00:05:30   |          |                      | TEO                     |
| 28     |      | 470    | ANA        | RAMA PAZO   | MASAF-5   | 00:22:24   | 00:05:36 | 00:22:05    | 00:05:32   |          |                      | BRIÓN                   |
| 29     |      | 407    | MARÍA      | MAROÑAS     | MASBF-6   | 00:22:28   | 00:05:37 | 00:22:06    | 00:05:32   |          | SD COMPOS            | NEGREIRA                |
| 30     |      | 419    | CLAUDIA    | BALADO ALV  | SNF-15    | 00:22:44   | 00:05:41 | 00:22:29    | 00:05:38   |          |                      | CORUÑA (A)              |
| 31     |      | 331    | CAROLINA   | GONZÁLEZ C  | MASBF-7   | 00:22:57   | 00:05:45 | 00:22:31    | 00:05:38   |          | Club atletismc       | BOIRO                   |
| 32     |      | 467    | ALICIA     | NOGUEIRA F  | MASAF-6   | 00:22:59   | 00:05:45 | 00:22:51    | 00:05:43   |          |                      | VILAGARCÍA DE AROUSA    |
| 33     |      | 372    | NEREA      | IGLESIAS GA | SNF-16    | 00:23:06   | 00:05:47 | 00:22:54    | 00:05:44   |          | Serres runner        | VEDRA                   |
| 34     |      | 371    | SARAY      | VILLAVERDE  | SNF-17    | 00:23:14   | 00:05:49 | 00:22:48    | 00:05:42   |          | Triatlon Rianx       | PADRÓN                  |
| 35     |      | 401    | SARA       | ROO REY     | SNF-18    | 00:23:18   | 00:05:50 | 00:23:01    | 00:05:46   |          | S.D. Barbanti        | BOIRO                   |
| 36     |      | 474    | ROCIO      | ROSAL GOM   | MASBF-8   | 00:23:30   | 00:05:53 | 00:23:21    | 00:05:51   |          |                      | PORRIÑO (O)             |
| 37     |      | 356    | ADELA      | PORTAS BOI  | S18F-4    | 00:24:04   | 00:06:01 | 00:23:44    | 00:05:56   |          | CLUB NAUTII          | VALGA                   |
| 38     |      | 307    | MINERVA AN | LAGO LÓPEZ  | SNF-19    | 00:24:18   | 00:06:05 | 00:24:06    | 00:06:02   |          | Asociación De        | CEE                     |
| 39     |      | 448    | VERÓNICA   | GUTIERREZ   | SNF-20    | 00:24:38   | 00:06:10 | 00:24:22    | 00:06:06   |          |                      | SANTIAGO DE COMPOSTELA  |
| 40     |      | 465    | CARLA      | NAVIA GONZ  | S18F-5    | 00:24:52   | 00:06:13 | 00:24:27    | 00:06:07   |          |                      | CAMBADOS                |
| 41     |      | 468    | LAURA      | PADIN CHAV  | S18F-6    | 00:24:53   | 00:06:14 | 00:24:28    | 00:06:07   |          |                      | CAMBADOS                |
| 42     |      | 441    | ANDREA     | GARCÍA CHE  | MASAF-7   | 00:25:05   | 00:06:17 | 00:24:46    | 00:06:12   |          |                      | PONTECESURES            |
| 43     |      | 436    | ANA MARÍA  | CORTIZO RA  | MASBF-9   | 00:25:10   | 00:06:18 | 00:24:40    | 00:06:10   |          |                      | AMES                    |
| 44     |      | 431    | ANAÍS      | CASTRO DEI  | SNF-21    | 00:25:39   | 00:06:25 | 00:25:15    | 00:06:19   |          |                      | BOIRO                   |
| 45     |      | 481    | ANTÍA      | VIDAL GARC  | SNF-22    | 00:25:48   | 00:06:27 | 00:25:35    | 00:06:24   |          |                      | REDONDELA               |
| 46     |      | 393    | LUCÍA      | ANSEDES DC  | MASCF-2   | 00:25:56   | 00:06:29 | 00:25:29    | 00:06:23   |          | Noitebra FC          | SANTIAGO DE COMPOSTELA  |
| 47     |      | 319    | MARÍA      | PRIETO FER  | SNF-23    | 00:25:57   | 00:06:30 | 00:25:46    | 00:06:27   |          | CLUB DEPOF           | BOQUEIXÓN               |
| 48     |      | 463    | PAMELA     | MIGUENS C/  | SNF-24    | 00:26:17   | 00:06:35 | 00:26:00    | 00:06:30   |          |                      | PONTECESURES            |
| 49     |      | 312    | REBECA     | VILARIÑO    | SNF-25    | 00:26:33   | 00:06:39 | 00:26:08    | 00:06:32   |          | BNZ RUN CL           | RIANXO                  |
| 50     |      | 384    | SONIA      | PRIETO MEI  | MASAF-8   | 00:26:49   | 00:06:43 | 00:26:41    | 00:06:41   |          | NM FITNESS           | GROVE (O)               |
| 51     |      | 464    | SALOMÉ     | MIRAMONTE   | MASBF-10  | 00:27:05   | 00:06:47 | 00:26:38    | 00:06:40   |          |                      | SANTIAGO DE COMPOSTELA  |
| 52     |      | 377    | LAURA      | CASTRO LEI  | SNF-26    | 00:27:46   | 00:06:57 | 00:27:46    | 00:06:57   |          | Mingurria Trai       | ESTRADA (A)             |
| 53     |      | 339    | ELVIRA     | TRESGUERF   | MASCF-3   | 00:29:47   | 00:07:27 | 00:29:20    | 00:07:20   |          | Club atletismc       | AMES                    |
| 54     |      | 438    | MARTA GAB  | DE MEDEIRC  | MASAF-9   | 00:33:34   | 00:08:24 | 00:33:22    | 00:08:21   |          |                      | ROIS                    |
| DNF    |      | 460    | CRISTINA   | MARIÑO FER  | SNF-0     |            |          |             |            |          |                      | PONTECESURES            |

|     |                |                    |                        |
|-----|----------------|--------------------|------------------------|
| DNS | 302 RAQUEL     | GONZALEZ C MASAF-0 | A.C. A Estorn VALGA    |
| DNS | 361 MARÍA      | CARBALLAL SNF-0    | Club Triatlón (VIVEIRO |
| DNS | 381 CHARO      | RAMOS MAG MASAF-0  | Moraña en Ri CUNTIS    |
| DNS | 385 SANDRA     | BLANCO CA MASAF-0  | NM FITNESS GROVE (O)   |
| DNS | 433 LAURA      | CEBEY GAR SNF-0    | AMES                   |
| DNS | 437 ANGELA     | COTÓN CON SNF-0    | CATOIRA                |
| DNS | 443 NEREA      | GARCÍA PIÑE SNF-0  | CALDAS DE REIS         |
| DNS | 446 ALBA MARIA | GOMEZ TRIC SNF-0   | CALDAS DE REIS         |
| DNS | 477 MARLENE    | VARELA SAN SNF-0   | PONTEVEDRA             |
| DNS | 479 REBECA     | VEIGA CHAS MASAF-0 | CANGAS                 |

Mixto

| Puesto | Géne | Dorsal | Nombre | Apellidos | Categoría | T. Oficial | Ritmo | Tiempo Neto | Ritmo Neto | Licencia | Club | Localidad |
|--------|------|--------|--------|-----------|-----------|------------|-------|-------------|------------|----------|------|-----------|
|--------|------|--------|--------|-----------|-----------|------------|-------|-------------|------------|----------|------|-----------|

## XXV CARREIRA POPULAR DE PONTECESURES 2026

ABSOLUTA 4K

Clasificación por Categorías

### SUB18 FEMENINA

| Puesto | Cat. | Dorsal | Nombre  | Apellidos   | Sexo | T. Oficial | Ritmo    | Tiempo Neto | Ritmo Neto | Licencia | Club        | Localidad              |
|--------|------|--------|---------|-------------|------|------------|----------|-------------|------------|----------|-------------|------------------------|
| 1      |      | 411    | XULIA   | VIDAL TUBÍO | F-4  | 00:16:08   | 00:04:02 | 00:16:01    | 00:04:01   |          | SD COMPOS   | RIANXO                 |
| 2      |      | 392    | LOLA    | VILLAR ALVI | F-6  | 00:16:27   | 00:04:07 | 00:16:20    | 00:04:05   |          | Noitebra FC | SANTIAGO DE COMPOSTELA |
| 3      |      | 406    | MARTINA | LÓPEZ LÓPEZ | F-8  | 00:17:19   | 00:04:20 | 00:17:12    | 00:04:18   |          | SD COMPOS   | SANTIAGO DE COMPOSTELA |
| 4      |      | 356    | ADELA   | PORTAS BOLF | F-37 | 00:24:04   | 00:06:01 | 00:23:44    | 00:05:56   |          | CLUB NAUTIC | VALGA                  |
| 5      |      | 465    | CARLA   | NAVIA GONZ  | F-40 | 00:24:52   | 00:06:13 | 00:24:27    | 00:06:07   |          |             | CAMBADOS               |
| 6      |      | 468    | LAURA   | PADIN CHAV  | F-41 | 00:24:53   | 00:06:14 | 00:24:28    | 00:06:07   |          |             | CAMBADOS               |

### SUB18 MASCULINA

| Puesto | Cat. | Dorsal | Nombre   | Apellidos   | Sexo | T. Oficial | Ritmo    | Tiempo Neto | Ritmo Neto | Licencia | Club          | Localidad              |
|--------|------|--------|----------|-------------|------|------------|----------|-------------|------------|----------|---------------|------------------------|
| 1      |      | 327    | DANIEL   | MANEIRO TE  | M-1  | 00:12:23   | 00:03:06 | 00:12:22    | 00:03:06   |          | Club Atletism | TEO                    |
| 2      |      | 315    | MAURO    | FUENTES SC  | M-5  | 00:12:56   | 00:03:14 | 00:12:54    | 00:03:14   |          | Club Atletism | AMES                   |
| 3      |      | 350    | JESÚS    | PATÍÑO RÍO  | M-6  | 00:12:58   | 00:03:15 | 00:12:57    | 00:03:15   |          | Club Natación | RIBEIRA                |
| 4      |      | 326    | IVÁN     | CASAS FERN  | M-24 | 00:14:26   | 00:03:37 | 00:14:22    | 00:03:36   |          | Club Atletism | OROSO                  |
| 5      |      | 414    | MARIO    | ALCALDE RI  | M-31 | 00:14:40   | 00:03:40 | 00:14:35    | 00:03:39   |          |               | RIANXO                 |
| 6      |      | 478    | IKER     | VÁZQUEZ VÁ  | M-35 | 00:15:20   | 00:03:50 | 00:15:13    | 00:03:49   |          |               | PADRÓN                 |
| 7      |      | 374    | LOIS     | CORTÉS MAI  | M-38 | 00:15:30   | 00:03:53 | 00:15:20    | 00:03:50   |          | Fontes do Sar | SANTIAGO DE COMPOSTELA |
| 8      |      | 358    | EMILIO   | VILLAR CAR  | M-43 | 00:16:21   | 00:04:06 | 00:16:18    | 00:04:05   |          | CLUB NAUTIC   | VALGA                  |
| 9      |      | 375    | ANXO     | MEDINA RO   | M-54 | 00:17:19   | 00:04:20 | 00:17:12    | 00:04:18   |          | Millaraio     | SANTIAGO DE COMPOSTELA |
| 10     |      | 445    | GABRIEL  | GIL RODRÍG  | M-59 | 00:17:39   | 00:04:25 | 00:17:16    | 00:04:19   |          |               | ESTRADA (A)            |
| 11     |      | 378    | CRISTIAN | CESPON BR   | M-64 | 00:18:47   | 00:04:42 | 00:18:33    | 00:04:39   |          | Moraña en Ri  | CUNTIS                 |
| 12     |      | 355    | MIGUEL   | PIÑEIRO BR  | M-66 | 00:19:08   | 00:04:47 | 00:19:03    | 00:04:46   |          | CLUB NAUTIC   | VALGA                  |
| 13     |      | 379    | ENRIQUE  | MAGARIÑOS   | M-68 | 00:19:30   | 00:04:53 | 00:19:16    | 00:04:49   |          | Moraña en Ri  | MORAÑA                 |
| 14     |      | 351    | MARCOS   | FRIEIRO OLI | M-71 | 00:20:01   | 00:05:01 | 00:19:57    | 00:05:00   |          | CLUB NAUTIC   | PADRÓN                 |
| 15     |      | 432    | HUGO     | CASTROAGL   | M-86 | 00:21:27   | 00:05:22 | 00:21:02    | 00:05:16   |          |               | PONTECESURES           |
| 16     |      | 357    | XOEL     | SECO GARC   | M-93 | 00:23:18   | 00:05:50 | 00:22:58    | 00:05:45   |          | CLUB NAUTIC   | VALGA                  |
| 17     |      | 417    | DAVID    | ALVAREZ PA  | M-94 | 00:24:24   | 00:06:06 | 00:24:01    | 00:06:01   |          |               | ESTRADA (A)            |
| 18     |      | 427    | RAUL     | CASAL AUTR  | M-95 | 00:24:33   | 00:06:09 | 00:24:04    | 00:06:01   |          |               | PONTECESURES           |
| DNF    |      | 402    | HUGO     | DOMINGUEZ   | M-0  |            |          |             |            |          | San miguel de | BUEU                   |
| DNS    |      | 354    | SAMUEL   | PARIS ALFO  | M-0  |            |          |             |            |          | CLUB NAUTIC   | PADRON                 |
| DNS    |      | 453    | DIEGO    | LORENZO C/  | M-0  |            |          |             |            |          |               | ROIS                   |

### SENIOR FEMENINA

| Puesto | Cat. | Dorsal | Nombre     | Apellidos    | Sexo | T. Oficial | Ritmo    | Tiempo Neto | Ritmo Neto | Licencia | Club            | Localidad                |
|--------|------|--------|------------|--------------|------|------------|----------|-------------|------------|----------|-----------------|--------------------------|
| 1      |      | 363    | NOEMI      | COUSELO M    | F-2  | 00:15:53   | 00:03:59 | 00:15:45    | 00:03:57   |          | Club Triatlón   | (SANTIAGO DE COMPOSTELA) |
| 2      |      | 353    | NEREA      | NOVO ROMEO   | F-5  | 00:16:22   | 00:04:06 | 00:16:18    | 00:04:05   |          | CLUB NAUTIC     | VALGA                    |
| 3      |      | 224    | LUCIA      | SALGADO A    | F-9  | 00:17:50   | 00:04:28 | 00:17:45    | 00:04:27   |          |                 | CALDAS DE REIS           |
| 4      |      | 345    | REBECA     | LOPEZ MACI   | F-10 | 00:18:00   | 00:04:30 | 00:17:50    | 00:04:28   |          | CLUB DEPOF      | BRIÓN                    |
| 5      |      | 311    | NOELIA     | LOJO LÓPEZ   | F-11 | 00:18:19   | 00:04:35 | 00:18:07    | 00:04:32   |          | BNZ RUN CL      | RIANXO                   |
| 6      |      | 223    | CLARA      | BUGALLO C/   | F-12 | 00:18:20   | 00:04:35 | 00:18:15    | 00:04:34   |          |                 | MORAÑA                   |
| 7      |      | 344    | DORIS IRIA | IGLESIAS AM  | F-13 | 00:18:41   | 00:04:41 | 00:18:30    | 00:04:38   |          | CLUB DEPORTIVO  | BRION HYUPERSA           |
| 8      |      | 391    | NOEMI      | VÁZQUEZ C/   | F-15 | 00:19:06   | 00:04:47 | 00:18:50    | 00:04:43   |          | Noitebra FC     | PONTECESURES             |
| 9      |      | 462    | NATALIA    | MIGUÉNS      | F-18 | 00:20:55   | 00:05:14 | 00:20:39    | 00:05:10   |          |                 | CAMPO LAMEIRO            |
| 10     |      | 416    | ITZIAR     | ÁLVAREZ BE   | F-21 | 00:21:25   | 00:05:22 | 00:21:01    | 00:05:16   |          |                 | PONTEVEDRA               |
| 11     |      | 421    | OLALLA     | BEIROA ROC   | F-22 | 00:21:36   | 00:05:24 | 00:21:29    | 00:05:23   |          |                 | AMES                     |
| 12     |      | 306    | ALBA       | MARTÍNEZ T   | F-23 | 00:21:47   | 00:05:27 | 00:21:23    | 00:05:21   |          | Alba            | VALGA                    |
| 13     |      | 444    | TANIA      | GARCÍA SUE   | F-24 | 00:21:51   | 00:05:28 | 00:21:32    | 00:05:23   |          |                 | PADRÓN                   |
| 14     |      | 425    | LIDIA      | CAMPOS PEI   | F-25 | 00:21:53   | 00:05:29 | 00:21:37    | 00:05:25   |          |                 | PONTEDEUME               |
| 15     |      | 419    | CLAUDIA    | BALADO ALV   | F-30 | 00:22:44   | 00:05:41 | 00:22:29    | 00:05:38   |          |                 | CORUÑA (A)               |
| 16     |      | 372    | NEREA      | IGLESIAS GA  | F-33 | 00:23:06   | 00:05:47 | 00:22:54    | 00:05:44   |          | Serres runner   | VEDRA                    |
| 17     |      | 371    | SARAY      | VILLAVEVERDE | F-34 | 00:23:14   | 00:05:49 | 00:22:48    | 00:05:42   |          | Triathlon Rianx | PADRÓN                   |
| 18     |      | 401    | SARA       | ROO REY      | F-35 | 00:23:18   | 00:05:50 | 00:23:01    | 00:05:46   |          | S.D. Barbanti   | BOIRO                    |
| 19     |      | 307    | MINERVA AN | LAGO LÓPEZ   | F-38 | 00:24:18   | 00:06:05 | 00:24:06    | 00:06:02   |          | Asociación D    | CEE                      |
| 20     |      | 448    | VERÓNICA   | GUTIERREZ    | F-39 | 00:24:38   | 00:06:10 | 00:24:22    | 00:06:06   |          |                 | SANTIAGO DE COMPOSTELA   |
| 21     |      | 431    | ANAÍS      | CASTRO DEL   | F-44 | 00:25:39   | 00:06:25 | 00:25:15    | 00:06:19   |          |                 | BOIRO                    |
| 22     |      | 481    | ANTÍA      | VIDAL GARC   | F-45 | 00:25:48   | 00:06:27 | 00:25:35    | 00:06:24   |          |                 | REDONDELA                |
| 23     |      | 319    | MARÍA      | PRIETO FER   | F-47 | 00:25:57   | 00:06:30 | 00:25:46    | 00:06:27   |          | CLUB DEPOF      | BOQUEIXÓN                |

|     |     |            |                 |          |          |          |          |                 |                |
|-----|-----|------------|-----------------|----------|----------|----------|----------|-----------------|----------------|
| 24  | 463 | PAMELA     | MIGUENS CAF-48  | 00:26:17 | 00:06:35 | 00:26:00 | 00:06:30 |                 | PONTECESURES   |
| 25  | 312 | REBECA     | VILARIÑO F-49   | 00:26:33 | 00:06:39 | 00:26:08 | 00:06:32 | BNZ RUN CL      | RIANXO         |
| 26  | 377 | LAURA      | CASTRO LEIIF-52 | 00:27:46 | 00:06:57 | 00:27:46 | 00:06:57 | Mingurria Trai  | ESTRADA (A)    |
| DNF | 460 | CRISTINA   | MARIÑO FERF-0   |          |          |          |          |                 | PONTECESURES   |
| DNS | 361 | MARÍA      | CARBALLAL F-0   |          |          |          |          | Club Triatlón ( | VIVEIRO        |
| DNS | 433 | LAURA      | CEBEY GARCF-0   |          |          |          |          |                 | AMES           |
| DNS | 437 | ANGELA     | COTÓN CON F-0   |          |          |          |          |                 | CATOIRA        |
| DNS | 443 | NEREA      | GARCÍA PIÑEF-0  |          |          |          |          |                 | CALDAS DE REIS |
| DNS | 446 | ALBA MARIA | GOMEZ TRICF-0   |          |          |          |          |                 | CALDAS DE REIS |
| DNS | 477 | MARLENE    | VARELA SAN F-0  |          |          |          |          |                 | PONTEVEDRA     |

SENIOR MASCULINA

| Puesto | Cat. | Dorsal | Nombre     | Apellidos         | Sexo | T. Oficial | Ritmo    | Tiempo Neto | Ritmo Neto | Licencia | Club            | Localidad              |
|--------|------|--------|------------|-------------------|------|------------|----------|-------------|------------|----------|-----------------|------------------------|
| 1      |      | 362    | ANDRES     | CENDAN LLC        | M-2  | 00:12:31   | 00:03:08 | 00:12:30    | 00:03:08   |          | Club Triatlón ( | SANTIAGO DE COMPOSTELA |
| 2      |      | 317    | ARTURO     | PONTE ÁLVAM-4     |      | 00:12:54   | 00:03:14 | 00:12:52    | 00:03:13   |          | Club Atletismc  | SANTIAGO DE COMPOSTELA |
| 3      |      | 403    | ELOY       | CASTRO TIEIM-7    |      | 00:13:07   | 00:03:17 | 00:13:05    | 00:03:17   |          | SD COMPOS       | SANTIAGO DE COMPOSTELA |
| 4      |      | 370    | DIEGO      | SANTIAGO R M-9    |      | 00:13:14   | 00:03:19 | 00:13:11    | 00:03:18   |          | Club Triatlón ( | VILAGARCÍA DE AROUSA   |
| 5      |      | 328    | DAVID      | TOIMIL PLAZ M-10  |      | 00:13:16   | 00:03:19 | 00:13:14    | 00:03:19   |          | Club Atletismc  | SANTIAGO DE COMPOSTELA |
| 6      |      | 340    | EFRÉN      | CAPELO VIEIM-11   |      | 00:13:19   | 00:03:20 | 00:13:16    | 00:03:19   |          | CLUB DEPOF      | AMES                   |
| 7      |      | 412    | MATEO      | VIDAL VÁZQIM-13   |      | 00:13:34   | 00:03:24 | 00:13:29    | 00:03:23   |          | TRIBU TRAIL     | PADRÓN                 |
| 8      |      | 367    | MARIO      | REBOREDO IM-27    |      | 00:14:28   | 00:03:37 | 00:14:23    | 00:03:36   |          | Club Triatlón ( | SANTIAGO DE COMPOSTELA |
| 9      |      | 388    | YAGO       | MOROÑO LOM-34     |      | 00:15:16   | 00:03:49 | 00:15:06    | 00:03:47   |          | Noitebra FC     | AMES                   |
| 10     |      | 440    | ÁLVARO     | EITOR SUMAM-37    |      | 00:15:25   | 00:03:52 | 00:15:04    | 00:03:46   |          |                 | VALGA                  |
| 11     |      | 449    | IVAN       | IGLESIAS GAM-44   |      | 00:16:36   | 00:04:09 | 00:16:24    | 00:04:06   |          |                 | VEDRA                  |
| 12     |      | 430    | RUBÉN      | CASTIÑEIRA M-47   |      | 00:16:46   | 00:04:12 | 00:16:26    | 00:04:07   |          |                 | PONTECESURES           |
| 13     |      | 324    | JAVIER     | ABAD BLANC M-50   |      | 00:17:01   | 00:04:16 | 00:16:50    | 00:04:13   |          | Club Atletismc  | SANTIAGO DE COMPOSTELA |
| 14     |      | 475    | IVAN       | SUAREZ BAF M-52   |      | 00:17:17   | 00:04:20 | 00:17:10    | 00:04:18   |          |                 | AMES                   |
| 15     |      | 476    | ABEL       | SUÁREZ MUÍ M-53   |      | 00:17:17   | 00:04:20 | 00:17:01    | 00:04:16   |          |                 | ORDES                  |
| 16     |      | 369    | ALEJANDRO  | RODRIGUEZ M-56    |      | 00:17:32   | 00:04:23 | 00:17:21    | 00:04:21   |          | Club Triatlón ( | PADRÓN                 |
| 17     |      | 439    | JAVIER     | DONO GERP M-60    |      | 00:17:49   | 00:04:28 | 00:17:24    | 00:04:21   |          |                 | ESTRADA (A)            |
| 18     |      | 466    | ALVARO     | NEIRA MOUF M-62   |      | 00:18:18   | 00:04:35 | 00:18:06    | 00:04:32   |          |                 | SANTIAGO DE COMPOSTELA |
| 19     |      | 320    | VÍCTOR MAN | ESPASANDÍ M-63    |      | 00:18:41   | 00:04:41 | 00:18:26    | 00:04:37   |          | CLUB DEPOF      | NEGREIRA               |
| 20     |      | 469    | VICTOR     | PEREZ M-65        |      | 00:18:57   | 00:04:45 | 00:18:31    | 00:04:38   |          |                 | LALÍN                  |
| 21     |      | 352    | RUBEN      | GOMEZ RIAL M-67   |      | 00:19:23   | 00:04:51 | 00:19:12    | 00:04:48   |          | CLUB NAUTIC     | DODRO                  |
| 22     |      | 341    | ALEJANDRO  | CONDE CREIM-73    |      | 00:20:09   | 00:05:03 | 00:19:44    | 00:04:56   |          | CLUB DEPOF      | ROIS                   |
| 23     |      | 423    | DAVID      | BUENO M-74        |      | 00:20:10   | 00:05:03 | 00:19:54    | 00:04:59   |          |                 | VILAGARCÍA DE AROUSA   |
| 24     |      | 458    | ROBERTO    | MAGARIÑOS M-75    |      | 00:20:23   | 00:05:06 | 00:19:59    | 00:05:00   |          |                 | VALGA                  |
| 25     |      | 434    | SANTIAGO   | COLLAZO FR M-80   |      | 00:20:51   | 00:05:13 | 00:20:21    | 00:05:06   |          |                 | VALGA                  |
| 26     |      | 413    | IVAN       | ABAL PRADC M-83   |      | 00:21:03   | 00:05:16 | 00:20:33    | 00:05:09   |          |                 | RIBADUMIA              |
| 27     |      | 451    | CIBRÁN     | LEAL FERNÁ M-85   |      | 00:21:25   | 00:05:22 | 00:21:01    | 00:05:16   |          |                 | POIO                   |
| 28     |      | 399    | RAÚL       | DA SILVA VIE M-89 |      | 00:22:29   | 00:05:38 | 00:22:11    | 00:05:33   |          | S.D. Barbanti   | RIANXO                 |
| 29     |      | 424    | MIGUEL     | BUSTO MARIM-97    |      | 00:24:36   | 00:06:09 | 00:24:17    | 00:06:05   |          |                 | VALGA                  |
| 30     |      | 398    | MOISÉS     | CALVO VITUIM-102  |      | 00:25:42   | 00:06:26 | 00:25:24    | 00:06:21   |          | S.D. Barbanti   | BOIRO                  |
| 31     |      | 452    | JORGE      | LOPEZ VITUIM-103  |      | 00:26:17   | 00:06:35 | 00:25:59    | 00:06:30   |          |                 | BOIRO                  |
| 32     |      | 376    | ADRIÁN     | BENAVIDES IM-106  |      | 00:27:46   | 00:06:57 | 00:27:14    | 00:06:49   |          | Mingurria Trai  | ESTRADA (A)            |
| DSQ    |      | 422    | TOMAS MAN  | BOUZAS PEIM-0     |      |            |          |             |            |          |                 | PONTEVEDRA             |

MASTER A FEMENINA

| Puesto | Cat. | Dorsal | Nombre     | Apellidos       | Sexo | T. Oficial | Ritmo    | Tiempo Neto | Ritmo Neto | Licencia | Club            | Localidad              |
|--------|------|--------|------------|-----------------|------|------------|----------|-------------|------------|----------|-----------------|------------------------|
| 1      |      | 408    | NURIA      | MEJUTO FEF F-1  |      | 00:15:36   | 00:03:54 | 00:15:25    | 00:03:52   |          | SD COMPOS       | SANTIAGO DE COMPOSTELA |
| 2      |      | 360    | INES       | QUIÑOY BAL F-14 |      | 00:18:53   | 00:04:44 | 00:18:44    | 00:04:41   |          | Club Triatlón ( | TEO                    |
| 3      |      | 455    | BERTA      | LOUREIRO GF-19  |      | 00:20:59   | 00:05:15 | 00:20:39    | 00:05:10   |          |                 | CATOIRA                |
| 4      |      | 482    | PATRICIA   | VILLAR GARCF-27 |      | 00:22:08   | 00:05:32 | 00:21:59    | 00:05:30   |          |                 | TEO                    |
| 5      |      | 470    | ANA        | RAMA PAZOIF-28  |      | 00:22:24   | 00:05:36 | 00:22:05    | 00:05:32   |          |                 | BRIÓN                  |
| 6      |      | 467    | ALICIA     | NOGUEIRA FF-32  |      | 00:22:59   | 00:05:45 | 00:22:51    | 00:05:43   |          |                 | VILAGARCÍA DE AROUSA   |
| 7      |      | 441    | ANDREA     | GARCÍA CHEF-42  |      | 00:25:05   | 00:06:17 | 00:24:46    | 00:06:12   |          |                 | PONTECESURES           |
| 8      |      | 384    | SONIA      | PRIETO MEIF-50  |      | 00:26:49   | 00:06:43 | 00:26:41    | 00:06:41   |          | NM FITNESS      | GROVE (O)              |
| 9      |      | 438    | MARTA GABÍ | DE MEDEIRC F-54 |      | 00:33:34   | 00:08:24 | 00:33:22    | 00:08:21   |          |                 | ROIS                   |
| DNS    |      | 302    | RAQUEL     | GONZALEZ CF-0   |      |            |          |             |            |          | A.C. A Estorn   | VALGA                  |
| DNS    |      | 381    | CHARO      | RAMOS MAG F-0   |      |            |          |             |            |          | Moraña en R     | CUNTIS                 |
| DNS    |      | 385    | SANDRA     | BLANCO CAF-0    |      |            |          |             |            |          | NM FITNESS      | GROVE (O)              |
| DNS    |      | 479    | REBECA     | VEIGA CHAS F-0  |      |            |          |             |            |          |                 | CANGAS                 |

MASTER A MASCULINA

| Puesto | Cat. | Dorsal | Nombre | Apellidos | Sexo | T. Oficial | Ritmo | Tiempo Neto | Ritmo Neto | Licencia | Club | Localidad |
|--------|------|--------|--------|-----------|------|------------|-------|-------------|------------|----------|------|-----------|
|--------|------|--------|--------|-----------|------|------------|-------|-------------|------------|----------|------|-----------|

|     |     |            |             |       |          |          |          |          |                |                                       |
|-----|-----|------------|-------------|-------|----------|----------|----------|----------|----------------|---------------------------------------|
| 1   | 404 | CARLOS     | FRAGA ADRI  | M-3   | 00:12:54 | 00:03:14 | 00:12:51 | 00:03:13 |                | SD COMPOS AMES                        |
| 2   | 364 | DAVID      | CUTRÍN LÓP  | M-8   | 00:13:11 | 00:03:18 | 00:13:08 | 00:03:17 |                | Club Triatlón (SANTIAGO DE COMPOSTELA |
| 3   | 409 | JOSE       | SANDA ARE   | M-17  | 00:13:51 | 00:03:28 | 00:13:47 | 00:03:27 |                | SD COMPOS TOURO                       |
| 4   | 322 | ADRIÁN     | CASTROAGL   | M-18  | 00:13:55 | 00:03:29 | 00:13:52 | 00:03:28 |                | Club atletismc PONTECESURES           |
| 5   | 321 | ADRIÁN     | FERNÁNDEZ   | M-20  | 00:14:00 | 00:03:30 | 00:13:57 | 00:03:30 |                | Club Atletismc RIBADUMIA              |
| 6   | 305 | ALEJANDRO  | RODRIGUEZ   | M-21  | 00:14:12 | 00:03:33 | 00:14:08 | 00:03:32 |                | ACD PL COR CORUÑA (A)                 |
| 7   | 337 | RICARDO    | ROMAY ROD   | M-25  | 00:14:26 | 00:03:37 | 00:14:22 | 00:03:36 |                | Club atletismc VALGA                  |
| 8   | 323 | JOAQUÍN    | FERNANDEZ   | M-29  | 00:14:33 | 00:03:39 | 00:14:28 | 00:03:37 |                | Club atletismc POIO                   |
| 9   | 395 | PEDRO      | QUINTEIRO I | M-32  | 00:15:03 | 00:03:46 | 00:14:54 | 00:03:44 | Pedro          | PONTECESURES                          |
| 10  | 472 | SERGIO     | RIVAS DE JE | M-33  | 00:15:12 | 00:03:48 | 00:15:00 | 00:03:45 |                | PADRÓN                                |
| 11  | 343 | DARIO      | GARCIA CAB  | M-36  | 00:15:24 | 00:03:51 | 00:15:14 | 00:03:49 |                | CLUB DEPOF BRIÓN                      |
| 12  | 386 | MARCOS     | FERNÁNDEZ   | M-40  | 00:15:50 | 00:03:58 | 00:15:40 | 00:03:55 | Noitebra FC    | TEO                                   |
| 13  | 457 | DAVID      | MACEIRA     | M-51  | 00:17:03 | 00:04:16 | 00:16:33 | 00:04:09 |                | AMES                                  |
| 14  | 450 | LIROY      | JIMÉNEZ     | M-55  | 00:17:30 | 00:04:23 | 00:17:22 | 00:04:21 |                | BARRO                                 |
| 15  | 309 | RUBÉN      | FERNÁNDEZ   | M-58  | 00:17:36 | 00:04:24 | 00:17:17 | 00:04:20 | Moraña en R    | MORAÑA                                |
| 16  | 387 | RAÚL       | MARIÑO PEF  | M-76  | 00:20:23 | 00:05:06 | 00:20:06 | 00:05:02 | Noitebra FC    | PONTECESURES                          |
| 17  | 456 | JOSÉ ANTON | LOUREIRO G  | M-81  | 00:20:59 | 00:05:15 | 00:20:39 | 00:05:10 |                | CATOIRA                               |
| 18  | 304 | ANXO       | RIVEIRO PO  | M-82  | 00:21:00 | 00:05:15 | 00:20:41 | 00:05:11 | A.C. A Estorn  | VALGA                                 |
| 19  | 303 | RICARDO    | RIAL        | M-84  | 00:21:04 | 00:05:16 | 00:20:44 | 00:05:11 | A.C. A Estorn  | PONTECESURES                          |
| 20  | 429 | FERNANDO   | CASAL COU   | M-90  | 00:22:43 | 00:05:41 | 00:22:27 | 00:05:37 |                | SANTIAGO DE COMPOSTELA                |
| 21  | 480 | JACOBO     | VEIGA GONZ  | M-98  | 00:24:37 | 00:06:10 | 00:24:20 | 00:06:05 |                | SANTIAGO DE COMPOSTELA                |
| 22  | 420 | JUAN FACUN | BARREIRO U  | M-100 | 00:25:34 | 00:06:24 | 00:25:21 | 00:06:21 |                | REDONDELA                             |
| 23  | 447 | JULIO      | GONZÁLEZ C  | M-104 | 00:26:38 | 00:06:40 | 00:26:07 | 00:06:32 |                | PONTEVEDRA                            |
| DNS | 318 | JUAN       | ROMERO RCM  | M-0   |          |          |          |          | Club Atletismc | BRIÓN                                 |
| DNS | 347 | DANI       | ANDRADE R   | M-0   |          |          |          |          | CLUB DEPOF     | BRIÓN                                 |
| DNS | 373 | JESÚS ANTC | MARTÍNEZ P  | M-0   |          |          |          |          | Eu mismo       | PADRÓN                                |
| DNS | 380 | MANUEL     | MARTÍNEZ S  | M-0   |          |          |          |          | Moraña en R    | CUNTIS                                |
| DNS | 426 | MARCOS     | CANDELERO   | M-0   |          |          |          |          |                | SANTIAGO DE COMPOSTELA                |

**MASTER B FEMENINA**

| Puesto | Cat. | Dorsal | Nombre    | Apellidos  | Sexo | T. Oficial | Ritmo    | Tiempo Neto | Ritmo Neto | Licencia | Club                                  | Localidad              |
|--------|------|--------|-----------|------------|------|------------|----------|-------------|------------|----------|---------------------------------------|------------------------|
| 1      |      | 410    | MARÍA     | TARRIO MAR | F-3  | 00:16:07   | 00:04:02 | 00:15:56    | 00:03:59   |          | SD COMPOS AMES                        |                        |
| 2      |      | 365    | IRMA      | GARCIA CAI | F-7  | 00:16:39   | 00:04:10 | 00:16:31    | 00:04:08   |          | Club Triatlón (SANTIAGO DE COMPOSTELA |                        |
| 3      |      | 308    | MERCEDES  | CAMPOS EIR | F-16 | 00:20:12   | 00:05:03 | 00:20:00    | 00:05:00   |          | Atletismo +9                          | MORAÑA                 |
| 4      |      | 366    | SONIA     | GONZALEZ S | F-17 | 00:20:53   | 00:05:14 | 00:20:44    | 00:05:11   |          | Club Triatlón (SANTIAGO DE COMPOSTELA |                        |
| 5      |      | 471    | RAQUEL    | RIAL SEGAD | F-26 | 00:21:54   | 00:05:29 | 00:21:41    | 00:05:26   |          |                                       | PONTEVEDRA             |
| 6      |      | 407    | MARÍA     | MAROÑAS    | F-29 | 00:22:28   | 00:05:37 | 00:22:06    | 00:05:32   |          | SD COMPOS NEGREIRA                    |                        |
| 7      |      | 331    | CAROLINA  | GONZÁLEZ C | F-31 | 00:22:57   | 00:05:45 | 00:22:31    | 00:05:38   |          | Club atletismc                        | BOIRO                  |
| 8      |      | 474    | ROCIO     | ROSAL GOM  | F-36 | 00:23:30   | 00:05:53 | 00:23:21    | 00:05:51   |          |                                       | PORRIÑO (O)            |
| 9      |      | 436    | ANA MARÍA | CORTIZO RA | F-43 | 00:25:10   | 00:06:18 | 00:24:40    | 00:06:10   |          |                                       | AMES                   |
| 10     |      | 464    | SALOMÉ    | MIRAMONTE  | F-51 | 00:27:05   | 00:06:47 | 00:26:38    | 00:06:40   |          |                                       | SANTIAGO DE COMPOSTELA |

**MASTER B MASCULINA**

| Puesto | Cat. | Dorsal | Nombre      | Apellidos   | Sexo | T. Oficial | Ritmo    | Tiempo Neto | Ritmo Neto | Licencia | Club                                  | Localidad              |
|--------|------|--------|-------------|-------------|------|------------|----------|-------------|------------|----------|---------------------------------------|------------------------|
| 1      |      | 21     | ARMANDO     | CALVO CES   | M-12 | 00:13:33   | 00:03:24 | 00:13:29    | 00:03:23   |          | Club atletismc                        | RIANXO                 |
| 2      |      | 359    | ALBERTO     | DOPAZO MIC  | M-14 | 00:13:38   | 00:03:25 | 00:13:36    | 00:03:24   |          | Club Triatlón (SANTIAGO DE COMPOSTELA |                        |
| 3      |      | 405    | SINDO       | GONZÁLEZ C  | M-15 | 00:13:40   | 00:03:25 | 00:13:38    | 00:03:25   |          | SD COMPOS VIGO                        |                        |
| 4      |      | 336    | JOSE MANUE  | NIETO GONZ  | M-16 | 00:13:50   | 00:03:28 | 00:13:47    | 00:03:27   |          | Club atletismc                        | PORTO DO SON           |
| 5      |      | 334    | ANGEL       | MACEIRAS L  | M-19 | 00:13:59   | 00:03:30 | 00:13:56    | 00:03:29   |          | Club atletismc                        | CULLEREDO              |
| 6      |      | 342    | IGNACIO     | DEVESA PEC  | M-22 | 00:14:23   | 00:03:36 | 00:14:19    | 00:03:35   |          | CLUB DEPOF                            | TEO                    |
| 7      |      | 330    | MANUEL      | FIGUEIRA PÉ | M-26 | 00:14:28   | 00:03:37 | 00:14:25    | 00:03:37   |          | Club atletismc                        | PONTECESURES           |
| 8      |      | 313    | EDGAR MAN   | LÓPEZ BALE  | M-28 | 00:14:33   | 00:03:39 | 00:14:27    | 00:03:37   |          | BNZ RUN CL                            | BOIRO                  |
| 9      |      | 333    | JOSÉ MANUE  | LAGO CES    | M-30 | 00:14:39   | 00:03:40 | 00:14:35    | 00:03:39   |          | Club atletismc                        | CEE                    |
| 10     |      | 418    | JOSÉ VICEN  | ARES LOREN  | M-39 | 00:15:33   | 00:03:54 | 00:15:18    | 00:03:50   |          |                                       | DODRO                  |
| 11     |      | 390    | MIGUEL ANX  | NOGUEIRA F  | M-42 | 00:16:19   | 00:04:05 | 00:16:11    | 00:04:03   |          | Noitebra FC                           | SANTIAGO DE COMPOSTELA |
| 12     |      | 346    | JOSE ANTON  | VIDAL GONZ  | M-45 | 00:16:38   | 00:04:10 | 00:16:31    | 00:04:08   |          | CLUB DEPOF                            | BRIÓN                  |
| 13     |      | 332    | GUSTAVO     | GUILLÍN GÓN | M-46 | 00:16:46   | 00:04:12 | 00:16:41    | 00:04:11   |          | Club atletismc                        | AMES                   |
| 14     |      | 348    | FERNANDO    | NIETO DIZ   | M-48 | 00:16:48   | 00:04:12 | 00:16:32    | 00:04:08   |          | CLUB DEPOF                            | SANTIAGO DE COMPOSTELA |
| 15     |      | 396    | LUIS MIGUEL | CANCELA G   | M-57 | 00:17:32   | 00:04:23 | 00:17:13    | 00:04:19   |          | Rungalicia.co                         | MORAÑA                 |
| 16     |      | 435    | RAMÓN       | CORTÉS MAI  | M-70 | 00:19:44   | 00:04:56 | 00:19:25    | 00:04:52   |          |                                       | SANTIAGO DE COMPOSTELA |
| 17     |      | 382    | ANGEL       | RODRÍGUEZ   | M-72 | 00:20:06   | 00:05:02 | 00:19:47    | 00:04:57   |          | Moraña en R                           | MORAÑA                 |
| 18     |      | 461    | JOSÉ MANUE  | MARTÍNEZ R  | M-77 | 00:20:23   | 00:05:06 | 00:20:00    | 00:05:00   |          |                                       | PADRÓN                 |
| 19     |      | 442    | ALVARO      | GARCIA LEM  | M-88 | 00:22:22   | 00:05:36 | 00:21:53    | 00:05:29   |          |                                       | AMES                   |
| 20     |      | 335    | XAIÑO       | MENDEZ FR   | M-91 | 00:22:57   | 00:05:45 | 00:22:31    | 00:05:38   |          | Club atletismc                        | BOIRO                  |

|     |     |            |             |       |          |          |          |          |  |                |                      |
|-----|-----|------------|-------------|-------|----------|----------|----------|----------|--|----------------|----------------------|
| 21  | 400 | JOSE       | NAVARRO AI  | M-92  | 00:23:17 | 00:05:50 | 00:22:59 | 00:05:45 |  | S.D. Barbanti  | BOIRO                |
| 22  | 428 | JOSE MANUE | CASAL COU   | M-96  | 00:24:34 | 00:06:09 | 00:24:05 | 00:06:02 |  |                | PONTECESURES         |
| 23  | 415 | MARCOS     | ALDAO PERE  | M-101 | 00:25:41 | 00:06:26 | 00:25:24 | 00:06:21 |  |                | CARBALLO             |
| DNS | 301 | MIGUEL     | BATALLA RIV | M-0   |          |          |          |          |  | A.C. A Estorn  | PONTECESURES         |
| DNS | 310 | MIGUEL     | SANTOMIL L  | M-0   |          |          |          |          |  | Club atletismc | PADRÓN               |
| DNS | 394 | VICTOR     | VÁZQUEZ ES  | M-0   |          |          |          |          |  | Ourense        | VILAGARCÍA DE AROUSA |
| DNS | 397 | NACHO      | FEIJOO TRA  | M-0   |          |          |          |          |  | RUNNING SF     | SANDIÁS              |

**MASTER C FEMENINA**

| Puesto | Cat. | Dorsal | Nombre | Apellidos | Sexo | T. Oficial | Ritmo    | Tiempo Neto | Ritmo Neto | Licencia | Club           | Localidad              |
|--------|------|--------|--------|-----------|------|------------|----------|-------------|------------|----------|----------------|------------------------|
| 1      |      | 383    | CELINA | RODRÍGUEZ | F-20 | 00:21:18   | 00:05:20 | 00:21:00    | 00:05:15   |          | Moraña en Ri   | MORAÑA                 |
| 2      |      | 393    | LUCÍA  | ANSEDES D | F-46 | 00:25:56   | 00:06:29 | 00:25:29    | 00:06:23   |          | Noitebra FC    | SANTIAGO DE COMPOSTELA |
| 3      |      | 339    | ELVIRA | TRESGUERF | F-53 | 00:29:47   | 00:07:27 | 00:29:20    | 00:07:20   |          | Club atletismc | AMES                   |

**MASTER C MASCULINA**

| Puesto | Cat. | Dorsal | Nombre     | Apellidos   | Sexo  | T. Oficial | Ritmo    | Tiempo Neto | Ritmo Neto | Licencia | Club           | Localidad               |
|--------|------|--------|------------|-------------|-------|------------|----------|-------------|------------|----------|----------------|-------------------------|
| 1      |      | 325    | MIGUEL     | CABO VILLA  | M-23  | 00:14:25   | 00:03:37 | 00:14:21    | 00:03:36   |          | Club Atletismc | SANTIAGO DE COMPOSTELA  |
| 2      |      | 338    | CÉSAR      | TABOADA MI  | M-41  | 00:15:52   | 00:03:58 | 00:15:48    | 00:03:57   |          | Club atletismc | SANTIAGO DE COMPOSTELA  |
| 3      |      | 349    | MANUEL     | FERNANDEZ   | M-49  | 00:16:57   | 00:04:15 | 00:16:51    | 00:04:13   |          | CLUB DEPOF     | PONTEVEDRA              |
| 4      |      | 329    | MANUEL     | CALVO GER   | M-61  | 00:18:14   | 00:04:34 | 00:18:01    | 00:04:31   |          | Club atletismc | MORAÑA                  |
| 5      |      | 389    | FRANCISCO  | MOURE CAÑ   | M-69  | 00:19:34   | 00:04:54 | 00:19:19    | 00:04:50   |          | Noitebra FC    | SANTIAGO DE COMPOSTELA  |
| 6      |      | 314    | JOSÉ LUIS  | PADIN COUS  | M-78  | 00:20:29   | 00:05:08 | 00:20:06    | 00:05:02   |          | Club Atletismc | SANXENXO                |
| 7      |      | 316    | XESUS M.   | RODRIGUEZ   | M-79  | 00:20:40   | 00:05:10 | 00:20:26    | 00:05:07   |          | Club atletismc | PONTECESURES            |
| 8      |      | 483    | JESÚS ÁNGE | VILLAR RODI | M-87  | 00:21:57   | 00:05:30 | 00:21:47    | 00:05:27   |          |                | ARZÚA                   |
| 9      |      | 454    | JOSÉ ANTON | LOUREIRO C  | M-99  | 00:24:44   | 00:06:11 | 00:24:38    | 00:06:10   |          |                | CATOIRA                 |
| 10     |      | 459    | JOSE       | MAGARIÑOS   | M-105 | 00:27:05   | 00:06:47 | 00:26:41    | 00:06:41   |          |                | PONTECESURES            |
| DNS    |      | 368    | JOSÉ MANUE | REY RODRÍ   | M-0   |            |          |             |            |          | Club Triatlón  | (SANTIAGO DE COMPOSTELA |
| DNS    |      | 473    | MANUEL     | RODRIGUEZ   | M-0   |            |          |             |            |          |                | VALGA                   |

**XXV CARREIRA POPULAR DE PONTECESURES 2026**

SUB14\_SUB16

Clasificación por Categorías

**SUB14 FEMENINA**

| Puesto | Cat. | Dorsal | Nombre     | Apellidos   | Sexo  | T. Oficial | Ritmo    | Licencia | Club        | Localidad              |
|--------|------|--------|------------|-------------|-------|------------|----------|----------|-------------|------------------------|
| 1      |      | 527    | AITANA     | GARCIA PICC | F-2   | 00:05:16   | 00:03:31 |          | NOITEBRA F  | SANTIAGO DE COMPOSTELA |
| 2      |      | 535    | CARLOTA    | LIJÓ AGREL  | F-4   | 00:05:29   | 00:03:39 |          | CLUB NATAC  | RIBEIRA                |
| 3      |      | 560    | NOA        | VALES BOQL  | F-6   | 00:05:34   | 00:03:43 |          | CLUB ATLET  | NEGREIRA               |
| 4      |      | 522    | JULIA      | FAGILDE SA  | F-7   | 00:05:35   | 00:03:44 |          | CLUB TRIATI | SANTIAGO DE COMPOSTELA |
| 5      |      | 556    | MARÍA      | SESA R MIGU | F-8   | 00:05:37   | 00:03:45 |          | SD COMPOS   | SANTIAGO DE COMPOSTELA |
| 6      |      | 562    | DANIELA    | VÁZQUEZ G   | F-9   | 00:05:51   | 00:03:54 |          | CLUB TRIATI | SANTIAGO DE COMPOSTELA |
| 7      |      | 530    | DANIELA    | GIL CASTIÑE | F-12  | 00:06:14   | 00:04:10 |          | SD COMPOS   | SANTIAGO DE COMPOSTELA |
| 8      |      | 505    | ANTIA      | BOUZON RE   | F-15  | 00:07:03   | 00:04:42 |          |             | VALGA                  |
| 9      |      | 510    | SARA       | CASCALLAR   | F-18  | 00:07:18   | 00:04:52 |          |             | VALGA                  |
| 10     |      | 536    | ANDREA     | LOPEZ DURC  | F-19  | 00:07:18   | 00:04:52 |          |             | PADRÓN                 |
| 11     |      | 532    | VALERY MIC | GÓMEZ RICC  | F-20  | 00:07:22   | 00:04:55 |          | ATLETISMO   | MORAÑA                 |
| 12     |      | 507    | ALEJANDRA  | CAMPOS AG   | F-21  | 00:07:22   | 00:04:55 |          | ATLETISMO   | CUNTIS                 |
| 13     |      | 545    | MARTA      | ORDÓÑEZ V   | F-22  | 00:07:44   | 00:05:10 |          |             | VALGA                  |
| 14     |      | 518    | ALDARA     | CORTÉS MA   | F-23  | 00:07:45   | 00:05:10 |          | ATLETISMO   | SANTIAGO DE COMPOSTELA |
| 15     |      | 523    | ANGELA     | FERNANDEZ   | F-24  | 00:07:47   | 00:05:11 |          |             | VALGA                  |
| 16     |      | 555    | MARCELA    | SECO GARC   | F-25  | 00:07:50   | 00:05:13 |          |             | VALGA                  |
| 17     |      | 551    | ADRIANA    | RODRIGUEZ   | F-26  | 00:07:53   | 00:05:16 |          |             | VALGA                  |
| 18     |      | 508    | NARAH      | CANCELA G   | F-28  | 00:08:11   | 00:05:27 |          |             | VALGA                  |
| 19     |      | 533    | SONIA      | GONZÁLEZ F  | F-29  | 00:08:26   | 00:05:38 |          | MORAÑA EN   | ESTRADA (A)            |
| 20     |      | 542    | VERA       | MENE LOPEZ  | F-30  | 00:08:36   | 00:05:44 |          |             | PADRÓN                 |
| 21     |      | 537    | EMMA       | LOPEZ GAR   | F-31  | 00:08:49   | 00:05:53 |          | CLUB NAUTI  | PONTECESURES           |
| 22     |      | 516    | NOELIA     | CONSTENLA   | F-32  | 00:09:05   | 00:06:03 |          | CLUB NAUTI  | VALGA                  |
| 23     |      | 512    | ADRIANA    | CASTROAGL   | F-33  | 00:10:19   | 00:06:53 |          | MORAÑA EN   | PONTECESURES           |
| DNS    |      | 531    | ENZO       | GÓMEZ PINC  | F-0   |            |          |          |             | PONTECESURES           |
| DNS    |      | 552    | LUCIA      | ROMAY SOU   | F-0   |            |          |          |             | VALGA                  |
| DNS    |      | 563    | AZAHARA    | VÁZQUEZ L   | C F-0 |            |          |          |             | PADRÓN                 |
| DNS    |      | 565    | INES       | VILLAVERDE  | F-0   |            |          |          |             | VALGA                  |

**SUB14 MASCULINA**

| Puesto | Cat. | Dorsal | Nombre   | Apellidos  | Sexo  | T. Oficial | Ritmo    | Licencia | Club        | Localidad              |
|--------|------|--------|----------|------------|-------|------------|----------|----------|-------------|------------------------|
| 1      |      | 543    | GABRIEL  | NOGUEIRA   | M-1   | 00:04:51   | 00:03:14 |          | CLUB TRIATI | TEO                    |
| 2      |      | 553    | ANTONIO  | SANMARTÍN  | M-3   | 00:05:04   | 00:03:23 |          | CLUB ATLET  | SADA                   |
| 3      |      | 501    | LUCAS    | AGEITOS RO | M-7   | 00:05:20   | 00:03:33 |          | CLUB NATAC  | RIBEIRA                |
| 4      |      | 554    | IZAN     | SANTOS GA  | M-13  | 00:07:13   | 00:04:49 |          |             | VALGA                  |
| 5      |      | 539    | CARLOS   | MAGARIÑOS  | M-14  | 00:07:30   | 00:05:00 |          |             | VALGA                  |
| 6      |      | 524    | HUGO     | FERNANDEZ  | M-15  | 00:07:45   | 00:05:10 |          |             | PONTECESURES           |
| 7      |      | 549    | HUGO     | RAMOS TILV | M-16  | 00:08:44   | 00:05:50 |          | CLUB NAUTI  | PONTECESURES           |
| 8      |      | 540    | ANXO     | MAGARIÑOS  | M-17  | 00:09:25   | 00:06:17 |          |             | PONTECESURES           |
| DNS    |      | 506    | MYKHAILO | BURDIN     | M-0   |            |          |          |             | BOIRO                  |
| DNS    |      | 517    | HUGO     | CORDAL AM  | M-0   |            |          |          | SOCIEDAD G  | CAMBADOS               |
| DNS    |      | 519    | BOHDAN   | DIATLYK    | M-0   |            |          |          |             | BOIRO                  |
| DNS    |      | 521    | ROI      | DOPAZO NUI | M-0   |            |          |          | CLUB TRIATI | SANTIAGO DE COMPOSTELA |
| DNS    |      | 548    | MARTÍN   | PATÍÑO RÍO | S M-0 |            |          |          | CLUB NATAC  | RIBEIRA                |
| DNS    |      | 557    | IVÁN     | SUÁREZ MIR | M-0   |            |          |          | CLUB ATLET  | SANTIAGO DE COMPOSTELA |

**SUB16 FEMENINA**

| Puesto | Cat. | Dorsal | Nombre  | Apellidos   | Sexo | T. Oficial | Ritmo    | Licencia | Club        | Localidad              |
|--------|------|--------|---------|-------------|------|------------|----------|----------|-------------|------------------------|
| 1      |      | 520    | CANDELA | DOPAZO NUI  | F-1  | 00:05:16   | 00:03:31 |          | CLUB TRIATI | SANTIAGO DE COMPOSTELA |
| 2      |      | 538    | CLARA   | LÓPEZ RODR  | F-3  | 00:05:20   | 00:03:34 |          | CLUB ATLET  | SANTIAGO DE COMPOSTELA |
| 3      |      | 503    | JUDIT   | BARROS CA   | F-5  | 00:05:33   | 00:03:42 |          | ATLETISMO   | MORAÑA                 |
| 4      |      | 511    | CARMEN  | CASTROAGL   | F-10 | 00:05:56   | 00:03:57 |          | ATLETISMO   | MORAÑA                 |
| 5      |      | 514    | ESTELA  | CHENEL MA   | F-11 | 00:06:08   | 00:04:06 |          | CLUB ATLET  | SANTIAGO DE COMPOSTELA |
| 6      |      | 534    | CARLA   | IGLESIAS PE | F-13 | 00:06:24   | 00:04:16 |          | CLUB TRIATI | BRIÓN                  |
| 7      |      | 558    | DUBRA   | TORRES QUI  | F-14 | 00:06:46   | 00:04:31 |          |             | SANTIAGO DE COMPOSTELA |
| 8      |      | 550    | ANDREA  | RAVIÑA NIET | F-16 | 00:07:06   | 00:04:44 |          | ATLETISMO   | SANTIAGO DE COMPOSTELA |
| 9      |      | 513    | ANTIA   | CHAVES GA   | F-17 | 00:07:07   | 00:04:45 |          |             | PONTECESURES           |

|                 |      |          |            |             |          |            |              |                               |                                    |                      |
|-----------------|------|----------|------------|-------------|----------|------------|--------------|-------------------------------|------------------------------------|----------------------|
| 10              | 561  | CAROLINA | VARELA OTE | F-27        | 00:07:53 | 00:05:16   | PONTECESURES |                               |                                    |                      |
| DNS             | 504  | DANIELA  | BAYÓN DIZ  | F-0         |          |            |              | CLUB DE ATIVILANOVA DE AROUSA |                                    |                      |
| DNS             | 526  | AINOA    | GALÁN AMO  | F-0         |          |            |              | ATLETISMO · MORAÑA            |                                    |                      |
| SUB16 MASCULINA |      |          |            |             |          |            |              |                               |                                    |                      |
| Puesto          | Cat. | Dorsal   | Nombre     | Apellidos   | Sexo     | T. Oficial | Ritmo        | Licencia                      | Club                               | Localidad            |
| 1               |      | 529      | DANIEL     | GIANZO GON  | M-2      | 00:05:02   | 00:03:21     |                               | CLUB TRIATI SANTIAGO DE COMPOSTELA |                      |
| 2               |      | 564      | MARTÍN DEN | VILLAR CAMI | M-4      | 00:05:05   | 00:03:23     |                               | CLUB ATLET SANTIAGO DE COMPOSTELA  |                      |
| 3               |      | 525      | HUGO       | FURELOS CA  | M-5      | 00:05:12   | 00:03:28     |                               | ATLETISMO · MORAÑA                 |                      |
| 4               |      | 528      | UXÍO       | GARCÍA TOC  | M-6      | 00:05:16   | 00:03:31     |                               |                                    | PONTECESURES         |
| 5               |      | 502      | MARCOS     | BARCALA LÓ  | M-8      | 00:05:22   | 00:03:35     |                               | CLUB ATLET OROSO                   |                      |
| 6               |      | 515      | MARTÍN     | CID REBOLL  | M-9      | 00:05:23   | 00:03:35     |                               | A.D. FOGAR OLEIROS                 |                      |
| 7               |      | 559      | YANG       | TORRES SÁ   | M-10     | 00:06:18   | 00:04:12     |                               | CLUB TRIATI SANTIAGO DE COMPOSTELA |                      |
| 8               |      | 547      | BRAIS      | OUBEL NOGI  | M-11     | 00:06:42   | 00:04:28     |                               |                                    | VILAGARCÍA DE AROUSA |
| 9               |      | 544      | LUCAS      | NOVO ROME   | M-12     | 00:06:42   | 00:04:28     |                               |                                    | VALGA                |
| DNS             |      | 509      | MATEO      | CARBIA BUE  | M-0      |            |              |                               |                                    | PONTECESURES         |
| DNS             |      | 541      | JAIRO      | MARTÍNEZ N  | M-0      |            |              |                               |                                    | VILAGARCÍA DE AROUSA |
| DNS             |      | 546      | XOEL       | OTERO RIAL  | M-0      |            |              |                               | CLUB ATLET PINO (O)                |                      |

XXV CARREIRA POPULAR DE PONTECESURES 2026

SUB12

Clasificación por Categorías

SUB12 FEMENINA

| Puesto | Cat. | Dorsal | Nombre  | Apellidos   | Sexo | T. Oficial | Ritmo    | Licencia | Club                               | Localidad |
|--------|------|--------|---------|-------------|------|------------|----------|----------|------------------------------------|-----------|
| 1      |      | 598    | ALMA    | VICENTE MU  | F-1  | 00:04:05   | 00:04:05 |          | RIBEIRA ATL BOIRO                  |           |
| 2      |      | 599    | NAGORE  | VILLAR CAMI | F-2  | 00:04:26   | 00:04:26 |          | CLUB ATLET SANTIAGO DE COMPOSTELA  |           |
| 3      |      | 593    | LARA    | SOUTO GON   | F-3  | 00:04:38   | 00:04:38 |          | ATLETISMO · MORAÑA                 |           |
| 4      |      | 588    | VEGA    | NOGUEIRA    | F-4  | 00:04:43   | 00:04:43 |          | CLUB TRIATI TEO                    |           |
| 5      |      | 584    | XEILA   | MATEOS CAI  | F-5  | 00:04:50   | 00:04:50 |          | SD COMPOS OROSO                    |           |
| 6      |      | 574    | CARMEN  | FERNÁNDEZ   | F-6  | 00:04:53   | 00:04:53 |          | CLUB ATLET POIO                    |           |
| 7      |      | 578    | VEGA    | GIANZO GON  | F-7  | 00:05:05   | 00:05:05 |          | CLUB TRIATI SANTIAGO DE COMPOSTELA |           |
| 8      |      | 580    | SABELA  | GONZALEZ    | F-8  | 00:05:16   | 00:05:16 |          | SD COMPOS PINO (O)                 |           |
| 9      |      | 579    | XELA    | GONZALEZ    | F-9  | 00:05:23   | 00:05:23 |          | VALGA                              |           |
| 10     |      | 577    | CANDELA | GARCIA PEN  | F-10 | 00:05:25   | 00:05:25 |          | SD BARBANTRIANXO                   |           |
| 11     |      | 582    | CARLA   | LÓPEZ VARE  | F-11 | 00:05:30   | 00:05:30 |          | SD COMPOS PINO (O)                 |           |
| 12     |      | 581    | LIA     | JAMARDO JA  | F-12 | 00:05:36   | 00:05:36 |          | VALGA                              |           |
| DNS    |      | 566    | MARTINA | BARRAL GAF  | F-0  |            |          |          | CLUB TRIATI SANTIAGO DE COMPOSTELA |           |
| DNS    |      | 569    | SARA    | CAMINO DIA  | F-0  |            |          |          | CLUB DEPOF MARÍN                   |           |
| DNS    |      | 573    | DANIELA | DURAN LOU   | F-0  |            |          |          | CATOIRA                            |           |
| DNS    |      | 585    | CELIA   | MELLA RAM   | F-0  |            |          |          | CLUB ATLET BRIÓN                   |           |
| DNS    |      | 587    | LUCÍA   | MONTOIRO    | F-0  |            |          |          | SANTIAGO DE COMPOSTELA             |           |
| DNS    |      | 592    | AMBAR   | ROSENDO LI  | F-0  |            |          |          | MORAÑA EN BARRO                    |           |
| DNS    |      | 594    | AINARA  | SUÁREZ FER  | F-0  |            |          |          | AMES                               |           |

SUB12 MASCULINA

| Puesto | Cat. | Dorsal | Nombre   | Apellidos  | Sexo | T. Oficial | Ritmo    | Licencia | Club                               | Localidad |
|--------|------|--------|----------|------------|------|------------|----------|----------|------------------------------------|-----------|
| 1      |      | 591    | ADRIÁN   | RODRÍGUEZ  | M-1  | 00:03:59   | 00:03:59 |          | CLUB ATLET BRIÓN                   |           |
| 2      |      | 583    | MATEO    | MACEIRAS E | M-2  | 00:04:00   | 00:04:00 |          | CLUB ATLET OLEIROS                 |           |
| 3      |      | 567    | ISMAEL   | BARROS CAI | M-3  | 00:04:04   | 00:04:04 |          | ATLETISMO · MORAÑA                 |           |
| 4      |      | 576    | ANDRÉS   | FUENTES SC | M-4  | 00:04:17   | 00:04:17 |          | TRIATLON AIAMES                    |           |
| 5      |      | 586    | XOEL     | MIRÁS NEIR | M-5  | 00:04:31   | 00:04:31 |          | CLUB TRIATI TEO                    |           |
| 6      |      | 570    | DANIEL   | CODESIDO C | M-6  | 00:04:49   | 00:04:49 |          | CLUB TRIATI SANTIAGO DE COMPOSTELA |           |
| 7      |      | 590    | BRUNO    | RIVAS LOIS | M-7  | 00:05:22   | 00:05:22 |          | PADRÓN                             |           |
| 8      |      | 575    | AARON    | FERNANDEZ  | M-8  | 00:06:47   | 00:06:47 |          | VALGA                              |           |
| DNS    |      | 568    | NICO     | CAMINO DIA | M-0  |            |          |          | CLUB DEPOF MARÍN                   |           |
| DNS    |      | 571    | MARIO    | CORDAL AM  | M-0  |            |          |          | CLUB ATLET CAMBADOS                |           |
| DNS    |      | 572    | MATEO    | CRESPO QUI | M-0  |            |          |          | NEGREIRA                           |           |
| DNS    |      | 589    | JESUS    | REY LAGO   | M-0  |            |          |          | TOURO                              |           |
| DNS    |      | 595    | NICOLÁS  | TEO BOQUE  | M-0  |            |          |          | SANTIAGO DE COMPOSTELA             |           |
| DNS    |      | 596    | SANTIAGO | TORRES BLA | M-0  |            |          |          | MORAÑA EN MORAÑA                   |           |
| DNS    |      | 597    | HÉCTOR   | VÁZQUEZ DC | M-0  |            |          |          | CAC CAMBAI RIBADUMIA               |           |

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SUB10

Clasificación por Categorías

SUB10 FEMENINA

| Puesto | Cat. | Dorsal | Nombre  | Apellidos  | Sexo  | T. Oficial | Ritmo    | Licencia | Club        | Localidad              |
|--------|------|--------|---------|------------|-------|------------|----------|----------|-------------|------------------------|
| 1      |      | 613    | ÉRIKA   | FLORES CAÑ | F-1   | 00:04:57   | 00:04:57 |          | ATLETISMO   | BARRO                  |
| 2      |      | 604    | ROSALÍA | CID REBOLL | F-2   | 00:05:19   | 00:05:19 |          | A.D. FOGAR  | OLEIROS                |
| 3      |      | 611    | MIA     | FANDIÑO LI | F-3   | 00:05:26   | 00:05:26 |          |             | PONTECESURES           |
| 4      |      | 608    | ALICIA  | CREGO NIET | F-4   | 00:05:36   | 00:05:36 |          | TRIATLON AI | AMES                   |
| 5      |      | 617    | ÁFRICA  | JANEIRO CA | F-5   | 00:05:48   | 00:05:48 |          |             | PONTECESURES           |
| 6      |      | 600    | JIMENA  | ALONSO QUI | F-6   | 00:06:11   | 00:06:11 |          | ATLETISMO   | MORAÑA                 |
| 7      |      | 630    | ROSALIA | SALVADO TE | F-7   | 00:06:13   | 00:06:13 |          |             | SANTIAGO DE COMPOSTELA |
| 8      |      | 616    | LÚA     | GUTIÉRREZ  | F-8   | 00:06:15   | 00:06:15 |          |             | OROSO                  |
| DNS    |      | 603    | PAULA   | CAMPOS AG  | F-0   |            |          |          | ATLETISMO   | MORAÑA                 |
| DNS    |      | 606    | MAIA    | CORDAL AM  | F-0   |            |          |          | CLUB ATLET  | CAMBADOS               |
| DNS    |      | 609    | BAIA    | DE MARTÍN  | L F-0 |            |          |          |             | SANTIAGO DE COMPOSTELA |
| DNS    |      | 610    | NOA     | DE MARTÍN  | L F-0 |            |          |          |             | SANTIAGO DE COMPOSTELA |
| DNS    |      | 618    | LARA    | LAIÑO MOSC | F-0   |            |          |          |             | RIANXO                 |
| DNS    |      | 620    | CELIA   | MONTOIRO   | /F-0  |            |          |          |             | SANTIAGO DE COMPOSTELA |
| DNS    |      | 622    | SOPHIE  | MOYANO CA  | F-0   |            |          |          |             | PONTEAREAS             |
| DNS    |      | 623    | SOFÍA   | PIÑEIRO BR | F-0   |            |          |          |             | VALGA                  |

SUB10 MASCULINA

| Puesto | Cat. | Dorsal | Nombre    | Apellidos   | Sexo  | T. Oficial | Ritmo    | Licencia | Club        | Localidad              |
|--------|------|--------|-----------|-------------|-------|------------|----------|----------|-------------|------------------------|
| 1      |      | 626    | ELIER     | RAMOS MAR   | M-1   | 00:04:27   | 00:04:27 |          |             | RIANXO                 |
| 2      |      | 625    | LUCA      | RAMOS COS   | M-2   | 00:04:32   | 00:04:32 |          | MORAÑA EN   | MORAÑA                 |
| 3      |      | 605    | MATEO     | CODESIDO C  | M-3   | 00:04:43   | 00:04:43 |          | CLUB TRIATI | SANTIAGO DE COMPOSTELA |
| 4      |      | 612    | JOAQUÍN   | FERNÁNDEZ   | M-4   | 00:04:44   | 00:04:44 |          | CLUB ATLET  | PONTEVEDRA             |
| 5      |      | 628    | NUNO      | RODRÍGUEZ   | M-5   | 00:05:09   | 00:05:09 |          | MORAÑA EN   | MORAÑA                 |
| 6      |      | 619    | ALÉN      | MIRÁS NEIR  | M-6   | 00:05:14   | 00:05:14 |          | CLUB TRIATI | TEO                    |
| 7      |      | 634    | ALÉN      | VÁZQUEZ FE  | M-7   | 00:05:22   | 00:05:22 |          |             | SANTIAGO DE COMPOSTELA |
| 8      |      | 607    | DARÍO     | COTÓN COT   | M-8   | 00:05:33   | 00:05:33 |          |             | PONTECESURES           |
| 9      |      | 621    | LUCA      | MOSQUERA    | M-9   | 00:05:39   | 00:05:39 |          | CLUB ATLET  | PONTECESURES           |
| 10     |      | 627    | TEO       | RIVEIRO GO  | M-10  | 00:05:54   | 00:05:54 |          |             | VALGA                  |
| 11     |      | 629    | BRAIS     | SALVADO TE  | M-11  | 00:06:06   | 00:06:06 |          |             | SANTIAGO DE COMPOSTELA |
| 12     |      | 637    | MATEO     | CALVO FUEN  | M-12  | 00:06:22   | 00:06:22 |          |             | PONTECESURES           |
| 13     |      | 602    | JUAN MANU | BRITO PARR  | M-13  | 00:06:38   | 00:06:38 |          |             | PADRÓN                 |
| 14     |      | 636    | BRUNO     | VIDAL OTER  | M-14  | 00:06:57   | 00:06:57 |          |             | VALGA                  |
| 15     |      | 624    | PABLO     | PIÑEIRO SAN | M-15  | 00:06:57   | 00:06:57 |          |             | PONTECESURES           |
| 16     |      | 614    | GAEL      | GÁNDARA FE  | M-16  | 00:06:57   | 00:06:57 |          |             | VALGA                  |
| DNS    |      | 601    | XENXO     | BARREIRO R  | M-0   |            |          |          | CLUB ATLET  | SANTIAGO DE COMPOSTELA |
| DNS    |      | 615    | ARAS      | GARCÍA GON  | M-0   |            |          |          | CLUB DEPOF  | PONTEVEDRA             |
| DNS    |      | 631    | ÁLVARO    | SÁNCHEZ M   | M-0   |            |          |          |             | VILAGARCÍA DE AROUSA   |
| DNS    |      | 632    | IKER      | SUÁREZ FER  | M-0   |            |          |          |             | AMES                   |
| DNS    |      | 633    | AÍRTON    | VARELA OTE  | M-0   |            |          |          |             | ROIS                   |
| DNS    |      | 635    | ALEJANDRO | VÁZQUEZ L   | C M-0 |            |          |          |             | PADRÓN                 |



Buscar

| ↑ Puesto | Nombre                        | Puntos |
|----------|-------------------------------|--------|
| 1        | CLUB TRIATLÓN COMPOSTELA      | 105    |
| 2        | CLUB ATLETISMO O PINO         | 112    |
| 3        | CLUB ATLETISMO SAR            | 128    |
| 4        | SD COMPOSTELA ATLETISMO       | 206    |
| 5        | CLUB DEPORTIVO BRION HYUPERSA | 396    |
| 6        | NOITEBRA FC                   | 448    |
| 7        | CLUB ATLETISMO CAMBADOS       | 451    |
| 8        | CLUB NAUTICO PONTECESURES     | 744    |
| 9        | S.D. BARBANTIA RODA           | 836    |
| 10       | ATLETISMO +9 MORAÑA           | 899    |